



MEALS ON WHEELS LONDON
2026

Fresh, nourishing meals — delivered to your door

FRESH MEAL CALENDAR FOR NOVEMBER

519-660-1430

Order online:
mowl.ca/fresh-meal-order

November 2026

Changes or cancellations need 2 business days' notice.

NEW this month added to the rotation

Sunday delivered Friday	Monday delivery between 11:00–1:30	Tuesday delivered Monday	Wednesday delivery between 11:00–1:30	Thursday delivered Wednesday	Friday delivery between 11:00–1:30	Saturday delivered Friday
1 Chicken Stir Fry with Rice and Edamame	2 Vegetable Samosa with Rice Pilaf and Roasted Cherry Tomatoes	3 Sweet & Sour Meatballs Sooswest Chicken Salad/Potato Salad/Coleslaw	4 Chicken Chili with Rice and Mixed Vegetables	5 Honey Mustard Chicken with Scalloped Potatoes Beef & Provolone Deli Plate with Cucumber/Tomato Salad	6 Ratatouille Rotini with Grilled Zucchini	7 Multigrain Tilapia with Coconut Lime Rice and Sauteed Kale
8 Tex Mex Beef and Rice with Roasted Corn	9 Chicken in Mushroom Herb Sauce on Mashed Potatoes with Sliced Carrots ●NEW	10 BBQ Beef Ribette with Diced Potatoes Tabouli/ Greek Salad	11 Beef Stroganoff on Egg Noodles with Peas	12 Pork Schnitzel with Rice and Braised Cabbage Salami and Cheese Plate/ Macaroni Salad	13 Cheese Ravioli with Alfredo Sauce and Mixed Vegetables	14 Italian Glazed Cod with Quinoa and Sauteed Kale
15 Roast Turkey with Gravy, Mashed Potatoes and Root Vegetables	16 Honey Roasted Pork Chop with Scalloped Potatoes and Peas ●NEW	17 Cabbage Roll with Mashed Potatoes & Root Veg Asian Noodle Salad/ Sesame Cucumber Salad	18 Chicken Schnitzel on Egg Noodles with Sliced Carrots ●NEW	19 Cheese Manicotti with Garlic Green Beans Salmon Salad/ Red Pepper Hummus	20 Pasta Primavera with Creamed Spinach	21 Sesame Soy Salmon with Vegetable Dumplings and Stir Fry Vegetables ●NEW
22 Chicken Parmesan on Penne with Broccoli	23 Dijon Roast Pork with Scalloped Potatoes and Diced Beets	24 Macaroni & Cheese with Baked Beans and Corn Turkey Salad/ Mango Orzo Salad	25 Mushroom Chicken Alfredo on Penne with Italian Vegetables	26 Butter Chicken on Brown Rice with Vegetables Chicken Salad with Mini Ciabatta Buns	27 Jambalaya (chicken and pork sausage) on Rice with Grilled Zucchini	28 Lemon Feta Shrimp Bowl with Broccoli ●NEW
29 Honey Garlic Chicken Meatballs with Vegetable Dumplings	30 Jamaican Patty with Rice & Peas and Green Beans	1 Chicken Chow Mein With Edamame ●NEW Caprese Chicken Salad	2 Mini Meatloaf in Gravy with Mashed Potatoes and Peas & Carrots ●NEW	3 Beef & Shells with Carrots Chicken Souvlaki/ Greek Salad	4 Teriyaki Beef & Rice with Broccoli	5 Crab Cake with Lemon Butter Sauce and Diced Potatoes & Kale



Meals on Wheels London

OFFICE HOURS: Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca

LOOKING AHEAD TO OUR HOLIDAY SCHEDULE...

Our offices will be closed and there will be NO REGULAR MEAL DELIVERY:

- Friday, December 25 – special holiday meal if you will be home alone
 - Monday, December 28
 - Friday, January 1

This means that there will be no fresh meals available for the following dates:

- December 26, 27, 28, 29
- January 1, 2, 3

We encourage all clients who may need meals on those dates to order a package of 7 frozen meals to have on hand.

If you need assistance, please call the MOWL office at 519-660-1430 – press 1

DID YOU KNOW??

We offer

Transportation Services

This affordable service is provided by volunteers using their own vehicles.

We provide door to door transportation services within the City of London for \$26 round trip.

Need a ride to your doctor, dentist, physiotherapy, therapy, blood work, x-ray?

Want to visit a loved one in the hospital or long-term care?

*Subsidized rates available
to those who qualify*

For more information

Call our office at 519-660-1430 and press 2 for our transportation department

Clients may use a walker, cane, crutches or walking sticks.
This is not an accessible service, so we do not allow wheelchairs or scooters.

HEATING YOUR DAILY MEALS

The meal container is suited for both the oven and the microwave.

WARNING: Containers are not safe to use in a toaster oven or air fryer.

Microwave: Do not remove the film before heating. Heating directions are listed on the label of each meal. Please note that times listed are often at 50% (medium) power.

Oven: Do not remove the film before heating. We suggest heating your meal on a cookie tray in the oven at 350°F for approximately 30-40 minutes.

We Value Your Opinion!

We hope you enjoy our new meals this month!

Please give us your feedback on any of our new or existing meals!

At any time give our office a call to let us know how we are doing.

Concerns, compliments and complaints always welcome.

Call 519-660-1430 press 0 to provide your feedback.