



Phone: 604-299-5754

Address: 2055 Rosser Avenue, Burnaby, BC, V5C 0H1

Fax: 604-299-3755

Website: www.burnabymeals.ca

WEEK 1	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Vegetable Soup</i> Chicken Teriyaki Rice Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> BBQ Beef Meatloaf Pasta Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Boneless BBQ Pork Ribs Mashed Potatoes Vegetables <i>Date Square</i>
Vegetarian	<i>Cream of Vegetable Soup</i> Three Cheese Tortellini Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> Battered fish Rice Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Pasta Marinara Vegetables <i>Date Square</i>
Frozen	Alberta Roast Beef Potatoes Vegetables	Chicken Cacciatore Roast Potatoes Vegetables	Butter Chicken Steamed Rice Vegetables
WEEK 2	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Veal Parmesan Basmati Rice with Mushrooms Vegetables <i>Cheesecake</i>	<i>Vegetable Soup</i> Spaghetti & Meatballs Vegetables <i>Apple Crumble</i>
Vegetarian	<i>Cream of Cauliflower</i> Quiche Florentine Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Salmon Patty Pasta Vegetables <i>Cheesecake</i>	<i>Vegetable Soup</i> Curried Vegetable Stew Fried Rice <i>Apple Crumble</i>
Frozen	Alberta Beef Stew Roast Potatoes Vegetables	Chicken Chow Mein Fried Rice Vegetables	Roast Turkey Mashed Potatoes Vegetables
All 4 Weeks	MONDAY	WEDNESDAY	FRIDAY
Breakfast (frozen)	Sausage, Scrambled Eggs, Hash browns	Bacon, Scrambled Eggs Hash browns	Three Cheese Omelette Sausage & Potatoes
Bag Lunch	Vegetarian Sandwich & Fruit	Egg Salad Sandwich & Fruit	Chicken Salad Sandwich & Fruit

2018 Schedule:

Week 1:

October 1-5
October 29-November 2
November 26-30
*indicates stat holiday

Week 2:

October 10-12 **No delivery on October 8*
November 5-9
December 3-7



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WEEK 3	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Minestrone Soup</i> Roast Chicken Roast Potatoes Vegetables <i>Chocolate Cake</i>	<i>Cream of Broccoli Soup</i> Beef Cabbage Roll Vegetables <i>Muffin</i>	<i>Cream of Potato Soup</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
Vegetarian	<i>Minestrone Soup</i> Vegetable Stir-fry Rice <i>Chocolate Cake</i>	<i>Cream of Broccoli Soup</i> Spaghetti Vongole Vegetables <i>Muffin</i>	<i>Cream of Potato Soup</i> Veggie Chow Mein Vegetables <i>Coconut Cake</i>
Frozen	Shepherd's Pie Vegetables	Curry Thai Chicken Jasmine Rice Vegetables	BBQ Meatloaf Roast Potatoes Vegetables
WEEK 4	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Mulligatawny Soup</i> Chicken Cacciatore Noodles Vegetables <i>Chocolate Brownie</i>	<i>Chicken Noodle Soup</i> Roast Turkey Rice Pilaf Vegetables <i>Butterscotch Pudding</i>	<i>Mushroom Soup</i> Beef Shepherd's Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Vegetarian	<i>Mulligatawny Soup</i> Vegetable Chow Mein Vegetables <i>Chocolate Brownie</i>	<i>Chicken Noodle Soup</i> Seafood Casserole Vegetables <i>Butterscotch Pudding</i>	<i>Mushroom Soup</i> Quiche Florentine Vegetables <i>Cheesecake</i>
Frozen	Beef Lasagna Vegetables	Salisbury Steak Mashed Potatoes Vegetables	Roast Chicken Potatoes Vegetables
All 4 Weeks	MONDAY	WEDNESDAY	FRIDAY
Breakfast (frozen)	Sausage, Scrambled Eggs, Hash browns	Bacon, Scrambled Eggs Hash browns	Three Cheese Omelette Sausage & Potatoes
Bag Lunch	Vegetarian Sandwich & Fruit	Egg Salad Sandwich & Fruit	Chicken Salad Sandwich & Fruit

2018 Schedule:

Week 3:

October 15-19

November 14-16 **No delivery on November 12*

December 10-14

*indicates stat holiday

Week 4:

October 22-26

November 19-23

December 17-21

WINTER HOLIDAY CLOSURES:

Last delivery Friday December 21st; Deliveries will resume Wednesday January 2, 2019