



**Phone:** 604-299-5754

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

**Fax:** 604-299-3755

**Website:** www.mealsonwheels-burnaby.com

WEEK 1	MONDAY	WEDNESDAY	FRIDAY
<b>Western Hot</b>	<i>Cream of Vegetable</i> <b>Chicken Teriyaki</b> <b>Mixed Rice</b> <b>Vegetables</b> Cookie	<i>Seafood Chowder</i> <b>Slow Roast Chicken</b> <b>Rice</b> <b>Vegetables</b> Fruit Cocktail	<i>Corn Chowder</i> <b>Boneless BBQ Pork Ribs</b> <b>Spaghetti</b> <b>Vegetables</b> Chocolate Mousse
<b>Vegetarian</b>	<i>Cream of Vegetable</i> <b>Three Cheese Tortellini</b> <b>with</b> <b>Vegetables</b> Cookie	<i>Seafood Chowder</i> <b>Battered fish</b> <b>Rice</b> <b>Vegetables</b> Fruit Cocktail	<i>Corn Chowder</i> <b>Veggie Stew</b> <b>Roast Potatoes</b> <b>Vegetables</b> Chocolate Mousse
<b>Frozen</b>	BBQ Boneless Pork Ribs Spaghetti Green Beans	Beef Stew Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
WEEK 2	MONDAY	WEDNESDAY	FRIDAY
<b>Western Hot</b>	<i>Cream of Cauliflower</i> <b>Mediterranean Chicken</b> <b>Rice</b> <b>Vegetables</b> <i>Yogurt &amp; Muesli</i>	<i>Roasted Tomato Soup</i> <b>Veal Parmesan</b> <b>Basmati Rice with Mushrooms</b> <b>Vegetables</b> <i>Chocolate Pudding</i>	<i>Vegetable Soup</i> <b>Chicken &amp; Spaghetti</b> <b>Vegetables</b> <i>Fruit Salad</i>
<b>Vegetarian</b>	<i>Cream of Cauliflower</i> <b>Quiche</b> <b>Rice</b> <b>Vegetables</b> <i>Yogurt &amp; Muesli</i>	<i>Roasted Tomato Soup</i> <b>Poached Fish</b> <b>Basmati Rice with Mushrooms</b> <b>Vegetables</b> <i>Oatmeal Raisin Cookie</i>	<i>Vegetable Soup</i> <b>Pasta Marinara</b> <b>Vegetables</b> <i>Fruit Salad</i>
<b>Frozen</b>	Three Cheese Macaroni Vegetables	Roast Pork Mashed Potatoes Vegetables	BBQ Beef Meatloaf Roast Potatoes Vegetables
All 4 Weeks	MONDAY	WEDNESDAY	FRIDAY
<b>Breakfast (frozen)</b>	Scrambled Eggs, Sausage Hash browns	Scrambled Eggs, Bacon Hash browns	Three Cheese Omelette Sausage & Potatoes
<b>Bag Lunch</b>	Turkey Sandwich Fruit	Tuna Salad Sandwich Fruit	Chicken Salad Sandwich Fruit

**2017 Schedule:**

Week 1:

January 9-13  
February 6-10  
March 6-10  
April 3-7  
May 1-5  
May 29-June 2  
June 26-30  
July 24-28  
August 21-25  
September 18-22  
October 16-20  
November 15-17  
December 11-15

Week 2:

January 16-20  
February 15-17  
March 13-17  
April 10-12  
May 8-12  
June 5-9  
July 5-7  
July 31-August 4  
August 28-September 1  
September 25-29  
October 23-27  
November 20-24  
December 18-22



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<b>WEEK 3</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>Western Hot</b>	<i>Minestrone Soup</i> <b>Beef Cabbage Rolls</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Clam Chowder</i> <b>Chicken Chow Mein</b> <b>Fried Rice</b> <b>Vegetables</b> <i>Cookie</i>	<i>Cream of Potato</i> <b>Pork Chop with Gravy</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Fruit Crisp</i>
<b>Vegetarian</b>	<i>Minestrone Soup</i> <b>Vegetable Stir-fry</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Clam Chowder</i> <b>Seafood Casserole</b> <b>Rice</b> <b>Vegetables</b> <i>Cookie</i>	<i>Cream of Potato</i> <b>Veggie Burrito</b> <b>Potatoes</b> <b>Vegetables</b> <i>Fruit Crisp</i>
<b>Frozen</b>	Curried Thai Chicken Jasmine Rice Vegetables	Beef Shepherd's Pie Vegetables	Teriyaki Beef Rice Vegetables
<b>WEEK 4</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>Western Hot</b>	<i>Mulligatawny Soup</i> <b>Chicken Cacciatore</b> <b>Noodles</b> <b>Vegetables</b> <i>Tapioca Pudding</i>	<i>Navy Bean Soup</i> <b>Turkey</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Peaches &amp; Pears</i>	<i>Mushroom Soup</i> <b>Beef Shepherd's Pie</b> Grilled Tomato Vegetables <i>Cheesecake</i>
<b>Vegetarian</b>	<i>Mulligatawny Soup</i> <b>Vegetable Chow Mein</b> <b>Vegetables</b> <i>Tapioca Pudding</i>	<i>Navy Bean Soup</i> <b>Catch of the Day</b> <b>Fried Potatoes</b> <b>Vegetables</b> <i>Peaches &amp; Pears</i>	<i>Mushroom Soup</i> <b>Vegetable Tower with</b> <b>Tomato Sauce</b> <b>Vegetables</b> <i>Cheesecake</i>
<b>Frozen</b>	Beef Lasagna Vegetables	Roast Chicken Potatoes Vegetables	Salisbury Steak Vegetables
<b>All 4 Weeks</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>Breakfast (frozen)</b>	Scrambled Eggs, Sausage Hash browns	Scrambled Eggs, Bacon Hash browns	Three Cheese Omelette Sausage & Potatoes
<b>Bag Lunch</b>	Turkey Sandwich Fruit	Tuna Salad Sandwich Fruit	Chicken Salad Sandwich Fruit

**2017 Schedule:**

Week 3:

January 23-27  
February 20-24  
March 20-24  
April 19-21  
May 15-19  
June 12-16  
July 5-7  
August 9-11  
September 6-8  
October 2-6  
October 3-November 3  
November 27-December 1

Week 4:

January 4-6  
January 30-February 3  
February 27-March 3  
March 27-31  
April 24-28  
May 24-26  
June 19-23  
July 17-21  
August 14-18  
September 11-15  
October 11-13  
November 6-10  
December 4-8