



BURNABY

# MEALS ON WHEELS

**Phone:** 604-299-5754 **Address:** 2055 Rosser Avenue, Burnaby, BC, V5C 0H1  
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WEEK 1	MONDAY	WEDNESDAY	FRIDAY
<b>Asian Hot</b>	<b>Stir-Fried Beef</b> <i>(green pepper, stir-fried egg, tomato)</i> <b>Western Lake Minced Beef Chowder</b> <i>(shiitake mushroom, tofu, egg, cilantro)</i>	<b>Braised Chicken</b> <i>(basil, stir-fried cabbage, bacon)</i> <b>Chicken Soup w/ Slow Roasted Garlic</b>	<b>Stir-Fried Twice-Cooked Pork</b> <i>(cabbage, bean sprouts)</i> <b>Bitter Melon Pork Bone Soup</b>
WEEK 2	MONDAY	WEDNESDAY	FRIDAY
<b>Asian Hot</b>	<b>Braised Beef Brisket en Casserole</b> <i>(daikon, iceberg lettuce, oyster sauce)</i> <b>Shark-Fin Inspired Soup</b> <i>(pork loin, shiitake mushroom, wood ear mushroom, glass noodle)</i>	<b>Stir-Fried Shredded Pork</b> <i>(bamboo shoots, preserved radish omelet)</i> <b>Slow Cook Pork Bone Soup</b> <i>(almond)</i>	<b>Night Market-Style Black Pepper Steak</b> <i>(spaghetti, spring succotash, broccoli, fried egg)</i> <b>Corn Chowder</b>
WEEK 3	MONDAY	WEDNESDAY	FRIDAY
<b>Asian Hot</b>	<b>Braised Minced Pork Belly on Rice</b> <i>(cucumber salad, pickled yellow radish, marinated egg, bok choy)</i> <b>Porkball Soup</b>	<b>Hainanese Chicken</b> <i>(chicken, rice, bok choy, garden salad, scallion ginger sauce)</i> <b>Chicken &amp; Shiitake Mushroom Soup</b>	<b>Hong Kong Style Beef Borscht</b> <i>(onion, celery, carrot, tomato, potato, macaroni pasta)</i>
WEEK 4	MONDAY	WEDNESDAY	FRIDAY
<b>Asian Hot</b>	<b>Shredded Pork with Beijing Sauce</b> <i>(julienne leek &amp; cucumber, pancakes, rice)</i> <b>Slow Cook Pork Bone Soup</b> <i>(daikon, scallion)</i>	<b>Steamed Cod Fish with Soy Sauce</b> <i>(julienne ginger &amp; scallion, rice)</i> <b>Braised Chinese Cabbage</b> <i>(dried shrimp &amp; shiitake mushroom)</i> <b>Fish Tofu Soup</b>	<b>Minced Meat with Tofu</b> <i>(szechuan peppercorn flavor, rice)</i> <b>Slow Cook Pork Bone Soup</b> <i>(carrot, squash)</i>

**Meals on Wheels: Asian Menu**  
**Meals Prepared by: Simply Foods**

