

WEEK 1	MONDAY	WEDNESDAY	FRIDAY
Soup Dessert	<i>Carrot-apple soup</i> <i>Maple Walnut Butter Tart</i>	<i>Home-Style Vegetable Noodle Soup</i> <i>Vanilla Pudding</i>	<i>Vegetable Soup with Rice</i> <i>Fresh Fruit Salad</i>
Western	Herb Roasted Chicken (boneless) Potato & Vegetables	Perogies and Bacon Vegetables	Beef Lasagna Vegetables
Vegetarian	Herb Roasted Tofu Potato & Vegetables	Perogies and cheese Vegetable	Vegetable Lasagna Vegetables
Asian	Butter Chicken Rice & Vegetables	Sweet and Sour Pork Rice & Vegetables	Vietnamese Beef Noodle & Vegetables
Chinese (includes Chinese soup and rice)	<i>Chicken Feet, Peanut and Mei Dou Soup</i> Steamed Fish Preserved Vegetables	<i>Dried Bak Choy Soup</i> Braised Diced Fish with Sweet Corn Sauce Mixed Vegetables	<i>Dried Octopus and Melon Soup</i> <i>Chicken and Potato</i> with Portuguese Sauce Mixed Vegetables
Frozen (no soup or dessert)	Beef stew	Bavarian smokie Potato and cabbage	Southern fried boneless chicken Potato and Vegetables

WEEK 2	MONDAY	WEDNESDAY	FRIDAY
Soup Dessert	<i>Tomato-Basil Soup</i> <i>Banana</i>	<i>Vegetable-Barley Soup</i> <i>Carrot-cake</i>	<i>Cream of Potato</i> <i>Chocolate Pudding</i>
Western	Chicken Fingers Potato & Vegetables	Ham and Cheese Frittata Bun & Vegetables	Salisbury Steak Potato & Vegetables
Vegetarian	Breaded Tofu fingers Potato & Vegetables	Vegetable and Cheese Frittata Bun & Vegetables	Veggie "Steak" Potato & Vegetables
Asian	Chicken Chow Mein Vegetables	Ham and Pineapple Rice & Vegetables	Mongolian Beef Rice & Vegetables
Chinese (includes Chinese soup and rice)	<i>Black Bean and Chicken Soup</i> Baked Chicken Drumsticks with Five Spice Powder Seasonal Vegetables	<i>Watercress Soup</i> Grilled Chicken in Korean Style Seasonal vegetables	<i>Sweet Corn, Carrot and Pork Soup</i> Steamed Egg with Seafood Seasonal vegetables
Frozen (no soup or dessert)	Roast beef Mashed potato and vegetables	Pork Sausage with gravy Biscuits and vegetables	BBQ Chicken Potato & Vegetables

WEEK 3	MONDAY	WEDNESDAY	FRIDAY
Soup Dessert	<i>Minestrone Soup</i> <i>German Chocolate Cake</i>	<i>Vegetarian tortilla soup</i> <i>Banana Bread</i>	<i>Creamy Roasted Vegetable Soup</i> <i>Vanilla Yogurt with Mixed Berries</i>
Western	Chicken Fettuccini Alfredo Vegetables	Italian Pork Stew Egg Noodles	Beef Chili with Cheddar Rice & Vegetables
Vegetarian	Mushroom Fettuccini Alfredo Vegetables	Moroccan Chickpea Stew Rice	7 Bean Chili Rice & Vegetable
Asian	Pad Thai with Chicken Vegetables	Pork Katsu Rice & Vegetables	Beef and broccoli Rice
Chinese (includes Chinese soup and rice)	<i>Chinese Herbal and Chicken Soup</i> Steamed Fish and Tofu with Ginger and Green Onion Seasonal Vegetables	<i>Pumpkin and Pork Soup</i> Steamed Three Colored Egg with Minced Pork and Tofu Seasonal Vegetables	<i>Coconut and Chicken Soup</i> Braised Seafood and Tofu with Satay Sauce Seasonal Vegetables
Frozen (no soup or dessert)	Turkey with stuffing Mashed potato & Vegetables	Pork Loin with stuffing Mashed potato & Vegetables	Honey Garlic Boneless chicken Rice & Vegetables

WEEK 4	MONDAY	WEDNESDAY	FRIDAY
Soup Dessert	<i>Split Pea Soup</i> <i>Chocolate Brownie</i>	<i>Moroccan Lentil Soup</i> <i>Butterscotch Pudding</i>	<i>Home-Style Vegetable Noodle Soup</i> <i>Banana</i>
Western	Chicken Pot Pie Vegetables	Baked Ham Potato & Vegetables	Beef Shepherd's Pie Vegetables
Vegetarian	Veggie Pot Pie Vegetables	Macaroni & Cheese Vegetables	Roasted Garlic Risotto Vegetables
Asian	Teriyaki Chicken Rice & Vegetables	Red Thai curry with Chicken Rice & vegetables	Beef Stir fry Rice & Vegetables
Chinese (includes Chinese soup and rice)	<i>Red Kidney and Pork Soup</i> Braised Chicken Drumettes Seasonal Vegetables	<i>Carrot, Green Turnip and Pork Soup</i> Braised Seafood and Vermicelli with Satay Sauce Seasonal Vegetables	<i>Chinese Herbal and Pork Shank Soup</i> Braised Minced Pork & Tofu with Salted Fish Seasonal Vegetables
Frozen (no soup or dessert)	Spaghetti with meat sauce Vegetables	Breaded Pork Cutlet Potato & Vegetables	Chicken Parmesan Pasta & Vegetables



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Address: 2055 Rosser Avenue, Burnaby, BC,
Website: www.burnabymeals.ca

Western, Vegetarian, Asian meals

Prepared by

Chinese Meals

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2024 Schedule:

January 1 – January 5	Week 3	Closed Monday January 1st	April 1 – April 5	Week 4	Closed Monday April 1 st for Easter Monday
January 8 – January 12	Week 4		April 8 – April 12	Week 1	
January 15 – January 19	Week 1		April 15 – April 19	Week 2	New Menu
January 22 – January 26	Week 2		April 22 – April 26	Week 3	
January 29 – February 2	Week 3		April 29 – May 3	Week 4	
February 5 – February 9	Week 4		May 6 – May 10	Week 1	
February 12 – February 16	Week 1		May 13 – May 17	Week 2	
February 19 – February 23	Week 2	Closed Monday February 19 th for Family Day	May 20 – May 24	Week 3	Closed Monday May 20 th for Victoria Day
February 26 – March 1	Week 3		May 27 – May 31	Week 4	
March 4 – March 8	Week 4		June 3 – June 7	Week 1	
March 11 – March 15	Week 1		June 10 – June 14	Week 2	
March 18 – March 22	Week 2		June 17 – June 21	Week 3	
March 25 – March 29	Week 3	Closed Friday March 29 th for Good Friday	June 24 – June 28	Week 4	



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July 1 – July 5	Week 1	Closed Monday July 1 st for Canada Day		September 30 – October 4	Week 2	Closed Monday September 30 th for Truth and Reconciliation
July 8 – July 12	Week 2			October 7 - October 11	Week 3	
July 15 – July 19	Week 3			October 14 – October 18	Week 4	Closed Monday October 14 th for Thanksgiving Day
July 22 – July 26	Week 4			October 21 – October 25	Week 1	
July 29 – August 2	Week 1			October 28 – November 1	Week 2	
August 5 – August 9	Week 2	Closed Monday August 5 th for BC Day		November 4 – November 8	Week 3	
August 12 – August 16	Week 3			November 11 – November 15	Week 4	Closed Monday November 11 th for Remembrance Day
August 19 – August 23	Week 4			November 18 – November 22	Week 1	
August 26 – August 30	Week 1			November 25 – November 29	Week 2	
September 2 – September 6	Week 2	Closed Monday September 2 nd for Labour Day		December 2 – December 6	Week 3	
September 9 – September 13	Week 3			December 9 – December 13	Week 4	
September 16 – September 20	Week 4			December 16 – December 20	Week 1	
September 23 – September 27	Week 1			December 23 – December 27		CLOSED ENTIRE WEEK