



BURNABY

MEALS ON WHEELS

Phone: 604-299-5754

Fax: 604-299-3755

Address: 2055 Rosser Avenue, Burnaby, BC,

Website: www.burnabymeals.ca

Western & Vegetarian meals

prepared by



Chinese & Asian Meals

prepared by



Week 1	Monday	Wednesday	Friday
Soup / Dessert	<i>Butternut Squash soup / Banana</i>	<i>Cream of Celery / Chocolate Pudding</i>	<i>Vegetable Barley Soup / Apple Crisp</i>
Western	Chicken a la king Rice & Vegetables	Baked Potato with Bacon Vegetables	Beef Lasagna Vegetables
Vegetarian	Mushroom a la king Rice & Vegetables	Baked Potato with Broccoli + Cheese Vegetable	Vegetable Lasagna Vegetables
Asian	Chinese Broth, Rice, Vegetables Curry Chicken	Chinese Broth, Rice, Vegetables Sweet and Sour Pork	Chinese Broth, Rice, Vegetables Teriyaki Chicken
Chinese	Chinese Broth, Rice, Vegetables Zucchini & Black Fungus with sliced Pork	Chinese Broth, Rice, Vegetables Fish with Onion and Tomato sauce	Chinese Broth, Rice, Vegetables Steamed Egg with Seafood
Frozen (no soup or dessert)	Lemon Garlic Roasted Chicken Drumstick	Grilled Bavarian smokie	Beef Stew

Week 2	Monday	Wednesday	Friday
Soup / Dessert	<i>Tomato-Basil Soup / Vanilla Pudding</i>	<i>Vegetable Tortilla Soup / Carrot-cake</i>	<i>Minestrone Soup / Maple Walnut Butter Tart</i>
Western	Fried Chicken Thigh (boneless) Potato & Vegetables	Tuscan Orzo with Italian Sausage Vegetables	Beef Stroganoff Egg Noodle & Vegetables
Vegetarian	Fried Tofu Potato & Vegetables	Tuscan Orzo with Tofu Vegetables	Mushroom Stroganoff Egg Noodle & Vegetables
Asian	Chinese Broth, Rice, Vegetables Butter Chicken	Chinese Broth, Rice, Vegetables Meat Ball with Thai Shiso Sauce	Chinese Broth, Rice, Vegetables General Tso Chicken
Chinese	Chinese Broth, Rice, Vegetables Chicken with Green Onion	Chinese Broth, Rice, Vegetables Steamed Pork Patty with Preserved Radish	Chinese Broth, Rice, Vegetables Stir Fry Chicken With Pumpkin
Frozen (no soup or dessert)	Turkey with stuffing Mashed potato & Vegetables	Perogies with Bacon and Onion	Beef Shepherd's Pie



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Week 3	Monday	Wednesday	Friday
Soup / Dessert	<i>Vegetable Rice Soup / Chocolate Brownie</i>	<i>Cream of Potato / Banana</i>	<i>Split Pea Soup / Vanilla Yogurt with Mixed Berries</i>
Western	Chicken with Pasta Marinara Sauce Vegetables	Baked Ham Potato & Vegetables	Tuscan Beef with Beans Rice & Vegetables
Vegetarian	Mushroom with Pasta Marinara Sauce Vegetables	Macaroni & Cheese Vegetables	Tuscan Rice and Beans Rice & Vegetable
Asian	Chinese Broth, Rice, Vegetables Kung Pao Chicken	Chinese Broth, Rice, Vegetables Thai Yellow Curry	Chinese Broth, Rice, Vegetables Sweet and Sour Pork
Chinese	Chinese Broth, Rice, Vegetables Fish with Onion and Tomato sauce	Chinese Broth, Rice, Vegetables Steamed Egg with Seafood	Chinese Broth, Rice, Vegetables Steamed Fish and Tofu with Ginger and Green Onion
Frozen (no soup or dessert)	Fried Chicken Drumstick Vegetables	Pork with Vegetables and Rice	Herb Roasted Chicken Thigh Rice & Vegetables

Week 4	Monday	Wednesday	Friday
Soup / Dessert	<i>Moroccan Red Lentil Soup / Banana Bread</i>	<i>Roasted Vegetable Soup / Lemon Mousse</i>	<i>Home-Style Vegetable Noodle Soup / Butterscotch Pudding</i>
Western	Chicken Pot Pie Vegetables	Pork Scallopini Rice Vegetables	Beef Meatballs with Mushroom Gravy Potato + Vegetables
Vegetarian	Veggie Pot Pie Vegetables	Tofu Scallopini Rice & Vegetables	Veggie Meatball with Mushroom Gravy Potato + Vegetables
Asian	Chinese Broth, Rice, Vegetables Teriyaki Chicken	Chinese Broth, Rice, Vegetables General Tso Chicken	Chinese Broth, Rice, Vegetables Meat Ball with Thai Shiso Sauce
Chinese	Chinese Broth, Rice, Vegetables Steamed Pork Patty With Preserved Radish	Chinese Broth, Rice, Vegetables Stir Fry Chicken With Pumpkin	Chinese Broth, Rice, Vegetables Sponge Egg & Black Fungus with Pork
Frozen (no soup or dessert)	Tuna Casserole	Pork loin Stuffing & Vegetables	Honey Garlic Boneless Chicken

2026 Schedule

January 5 - 9	Week 4				Easter Monday CLOSED Monday April 6
January 12 - 16	Week 1			April 6 – 10	Week 1
January 19 - 23	Week 2			April 13 – 17	Week 2
January 26 – 30	Week 3			April 20 – 24	Week 3
February 2 – 6	Week 4			April 27 – May 1	Week 4
February 9 – 13	Week 1			May 4 – 8	Week 1
February 16 – 20	Week 2			May 11 – 15	Week 2
February 23 – 27	Week 3			May 18 – 22	Week 3
March 2 – 6	Week 4			May 25 – 29	Week 4
March 9 – 13	Week 1			June 1 – 5	Week 1
March 16 – 20	Week 2			June 8 – 12	Week 2
March 23 – 27	Week 3			June 15 – 19	Week 3
March 30 – April 3	Week 4			June 22 – 26	Week 4
				June 29 – July 3	Week 1
					Canada Day CLOSED Wednesday July 1

2026 Schedule

July 6 – 10	Week 2		October 5 – 9	Week 3	
July 13 – 17	Week 3		October 12 – 16	Week 4	Thanksgiving CLOSED Monday October 12
July 20 – 24	Week 4		October 19 – 23	Week 1	
July 27 – 31	Week 1		October 26 – 30	Week 2	
August 3 – 7	Week 2	BC Day CLOSED Monday August 3	November 2 – 6	Week 3	
August 10 – 14	Week 3		November 9 – 13	Week 4	Remembrance Day CLOSED Wednesday November 11
August 17 – 21	Week 4		November 16 – 20	Week 1	
August 24 – 28	Week 1		November 23 – 27	Week 2	
August 31 – September 4	Week 2		November 30 - December 4	Week 3	
September 7 – 11	Week 3	Labour Day CLOSED Monday September 7	December 7 – 11	Week 4	
September 14 – 18	Week 4		December 14 – 18	Week 1	
September 21 – 25	Week 1		December 21 – 25	Week 2	CLOSED December 24th – 25th
September 28 – October 2	Week 2	National Day for Truth & Reconciliation CLOSED Wednesday September 30	December 28 – January 1	Week 3	CLOSED