

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 (effective Sept 9)	Chinese Broth, Rice, Vegetables Curry Chicken	Chinese Broth, Rice, Vegetables Sweet and Sour Pork	Chinese Broth, Rice, Vegetables Teriyaki Chicken
Chinese (effective Oct 21)	Chinese Broth, Rice, Vegetables Braised Seafood Tofu with satay sauce	Chinese Broth, Rice, Vegetables Fish with Onion and Tomato sauce	Chinese Broth, Rice, Vegetables Steamed Egg with Seafood
Frozen Western (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 (effective Sept 9)	Chinese Broth, Rice, Vegetables Butter Chicken	Chinese Broth, Rice, Vegetables Meat Ball with Thai Shiso Sauce	Chinese Broth, Rice, Vegetables General Tso Chicken
Chinese (effective Oct 21)	Chinese Broth, Rice, Vegetables Chicken with Green Onion	Chinese Broth, Rice, Vegetables Steamed Pork Patty with Water Chestnut	Chinese Broth, Rice, Vegetables Chicken and Potato with Black Bean
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 (effective Sept 9)	Chinese Broth, Rice, Vegetables Kung Pao Chicken	Chinese Broth, Rice, Vegetables Thai Yellow Curry	Chinese Broth, Rice, Vegetables Sweet and Sour Pork
Chinese (effective Oct 21)	Chinese Broth, Rice, Vegetables Fish with Preserved Vegetables	Chinese Broth & Rice Steamed Egg with Seafood	Chinese Broth, Rice, Vegetables Steamed Fish and Tofu with Ginger and Green Onion
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 (effective Sept 9)	Chinese Broth, Rice, Vegetables Teriyaki Chicken	Chinese Broth, Rice, Vegetables General Tso Chicken	Chinese Broth, Rice, Vegetables Meat Ball with Thai Shiso Sauce
Chinese (effective Oct 21)	Chinese Broth, Rice, Vegetables Steamed Pork Patty With Preserved Radish	Chinese Broth, Rice, Vegetables Chicken and Potato with Black Bean	Chinese Broth, Rice, Vegetables Steamed Pork Patty with Water Chestnut
Frozen (no soup or dessert)	Spaghetti with meat sauce Vegetables	Breaded Pork Cutlet Potato & Vegetables	Chicken Parmesan Pasta & Vegetables



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Western & Vegetarian meals

prepared by



Chinese & Asian Meals

prepared by



2024 Schedule:

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	Blue Ivy Chinese Menu Starting October 21
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	Blue Ivy Asian Menu Starting September 9	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