

	REGULAR MEAL COSTS 2024	
3 MEALS/WK	2 MEALS/WK	1 MEAL/WK
January 2024	January 2024	January 2024
14 meals \$91.00	10meals M/W \$65.00 8 meals W/F \$52.00 8 meals M/F \$52.00	5 meals Mon \$32.500 5 meals Wed \$32.50 4 meals Fri \$26.00
February 2024	February 2024	February 2024
12 meals \$78.00	8 meals M/W \$52.00 6 meals W/F \$39.00 6 meals M/F \$39.00	4 meals Mon \$26.00 4 meals Wed \$26.00 4 meals Fri \$26.00
March 2024	March 2024	March 2024
13 meals 84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	4 meals M \$26.00 4 meals W \$26.00 5 meals Fri \$32.50
April 2024	April 2024	April 2024
13 meals \$84.50	8 meals M/F \$52.00 8 meals W/F \$52.00 8 meals M/W \$52.00	5 meals M \$32.50 4 meals W \$26.00 4 meals F \$26.00
May 2024	May 2024	May 2024
14 meals \$91.00	8 meals M/W \$52.00 10 meals W/F \$65.00 8 meals M/F \$52.00	4 meals M \$26.00 5 meals W \$32.50 5 meals F \$32.50
June 2024	June 2024	June 2024
12 meals \$78.00	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	4 meals M \$26.00 4 meals W \$26.00 4 meals F \$26.00
July 2024	July 2024	July 2024
14 meals \$91.00	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	5 meals M \$32.50 5 meals W 32.50 4 meals F \$26.00
August 2024	August 2024	August 2024
13 meals \$84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	4 meals M \$26.00 4 meals W \$26.00 5 meals F \$32.50
September 2024	September 2024	September 2024
13 meals \$84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	5 meals M \$32.50 4 meals W \$26.00 4 meals F \$26.00
October 2024	October 2024	October 2024
13 meals \$84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 6 meals M/F \$39.00	4 meals M \$26.00 4 meals W \$26.00 5 meals F \$32.50
November 2024	November 2024	November 2024
13 meals \$84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	4 meals M \$26.00 4 meals W \$26.00 5 meals F \$32.50
December 2024	December 2024	December 2024
13 meals \$84.50	8 meals M/W \$52.00 8 meals W/F \$52.00 8 meals M/F \$52.00	5 meals M 32.50 4 meals W \$26.00 4 meals F \$26.00

MEALS ON WHEELS MENU FOR 2024

Monday			Wednesday			Friday		
Week								
W	Beef Squash Stew Mashed Potato Carrot and Peas Dessert: Chocolate Pudding Mini Soup of the Day (frozen)	Sweet And Sour Pork Rice Oriental Mix Dessert: Lemon Cake Mini Soup of the Day (frozen)	Additional Cost: Spinach and Macaroni salad			Macaroni and cheese Garlic toast Green Beans Dessert: Fruit cocktail Mini Soup of the Day (frozen)		
	Roast turkey and Gravy Mashed Potato Brussel Sprouts and Carrot Dessert: Date Square Mini Soup of the Day (frozen)	Butter Chicken Rice Oriental Mix Vegetable Dessert: Fruit Pears Mini Soup of the Day (frozen)	Additional Cost: Chef Choice Salad			Shepard Pie Mashed Potato Broccoli and Cauliflower Dessert: Vanilla Pudding Mini Soup of the Day (frozen)		
X	Chicken finger Roasted potatoes Sunrise Mix vegetable Dessert: Apple Brown Betty Cake Mini Soup of the Day (frozen)	Haddock Fillet with Herb Sauce Rice Fall Medley mix Dessert: Butter scotch Pudding Mini Soup of the Day (frozen)	Additional Cost: Chef Choice Salad			Roast Pork Mashed Potato Broccoli/ Carrot Dessert: Fruit Mandarin Oranges Mini Soup of the Day (frozen)		
	Beef Macaroni Mashed Potato Oriental mix Vegetable Dessert: Macaroon Bar Square Mini Soup of the Day (frozen)	Meat Loaf Mashed Potato Peas and corn Dessert: Fruit Peaches Mini Soup of the Day (frozen)	Additional Cost: Spinach and Macaroni salad			Lazy Cabbage roll Roasted Potatoes Sunrise Mix Dessert: Vanilla Pudding Mini Soup of the Day (frozen)		
Y			Additional Cost: Chef Choice salad					
Z								

MOW Meal includes Entrée (Refrigerated), (mini) Soup of the day and Dessert. Salad Available Wednesdays ONLY with extra charge

PHA - MEALS ON WHEELS

FROZEN MEALS - ORDER FORM

Phone Number 250-492-9095 or give to Delivery Person

Type		Order Date	
NAME		Route #	
ADDRESS		Delivery Date	
# ordered	ITEMS	# ordered	ITEMS
	Beef Dishes - \$6.50 EACH		Vegetarian Dishes - \$6.50 EACH
	Hearty Beef and Squash Stew		Tomato Vegetable Lasagne
	Swedish Meatballs		Macaroni & Cheese
	Roast Beef Dinner		Mexican Fiesta Bean & Rice Casserole
	Cabbage Casser-rolls		Lentil Barley Stew
	Shepards Pie		Broccoli Cheese Quiche
	Meat Loaf		
			Soup Selection - \$2.00 EACH
			Meatball Noodle Soup
	Chicken Dinner - \$6.50 EACH		Minestrone Soup
			Green Pea Soup
	Butter Chicken (Indian Cuisine Item)		Chicken Noodle Soup
	Chicken Breast in Mushroom Sauce		Beef & Barley Soup
	Chicken Ala King		Borscht Soup
	Pork Dishes - \$6.50 Each		
	Baked Ham Dinner		
	Roast Pork Loin Dinner		
	Turkey Dishes - \$6.50 EACH		
	Roast Turkey Dinner		
	Fish Dishes - \$6.50 EACH		
	Haddock with Herb sauce		Gluten Free (Special Order) \$6.50
	Fillet of Salmon with Lemon Dill Sauce		Cabbage Roll Casserole
			Baked Ham
	Pureed (Special Order) \$6.50		Butter Chicken
	Pureed Shepherds Pie w/Gravy		Filet of Salmon
	Pureed Meat Lasagna		Mexican Fiesta Bean & Rice Casserole
	Pureed Broccoli Cheese Quiche		Roast Beef
	Pureed Chicken w/Oriental BBQ Sauce		Roast Pork Loin
	Pureed Beef w/Gravy		Roast Turkey
0	Entrees @ 6.50 each	\$ -	
0	Soups @ \$2.00 each	\$ -	
	GRAND TOTAL	\$ -	

Dinners at Home Meals Selections:

BEEF:

- Beef and Squash Stew with Mashed Potatoes and Carrot and Peas.
- Roast Beef served with Yorkshire pudding, Mashed Potatoes, sunrise mix and Gravy.
- Cabbage Casser-rolls with Mashed Potatoes, California Mixed Vegetables.
- Shepherds Pie with Mashed Potatoes, Peas, Carrots and Gravy.
- Meat Loaf served with Mushroom Gravy, Mashed Potatoes, Green Beans and Corn.
- Swedish meatballs served with egg noodle and mix vegetable.

CHICKEN:

- Butter Chicken served with rice and sunrise mix
- Chicken Ala King served with rice pilaf and mix vegetable
- Chicken Breast in Mushroom Sauce served with Mashed Potatoes and Oriental mix.

PORK:

- Roast Pork served with Mashed Potatoes, Broccoli, Cauliflower and Gravy.
- Baked Ham served with Scallop Potatoes, Corn and Peas and pineapple sauce.

TURKEY:

- Roast Turkey served with Bread Dressing, mashed Potatoes, Carrots, Brussel sprouts and Gravy.

FISH & SEAFOOD:

- Filet of Haddock with herb sauce, Rice pilaf, Broccoli and carrots.
- Baked Salmon with lemon dill sauce served with roasted dice potato and California mix.

VEGETARIAN SELECTION:

- Broccoli Cheese Quiche served with Mashed Potatoes and Carrots.
- Vegetable Lasagna served with garlic toast and green beans.
- Mac and Cheese served with garlic toast and broccoli.
- Lentil barley stew served with roasted dice potato and California mix.
- Mexican rice bean casserole served with tomato rice and corn

SOUPS:

- Chicken Noodle Soup
- Green Pea Soup
- Meatball Noodle Soup
- Minestrone Soup
- Beef and Barley Soup
- Borscht

Please note these soups sizes are equivalent to 2 portion/container.

REGULAR ENTREES SOUPS

Dinners at Home



- Can be heated in your microwave or oven.
- Can be easily stored in your freezer.
- Recently discharged patients can take these meals home to help ease recovery.
- Are a balanced nutritious alternative to cooking at home.

SPECIAL NUTRITIONAL NEEDS:

Each meal is labeled with reheating instructions. A summarized nutritional analysis is available upon request.

MEALS ON WHEELS

WE PROVIDE SALAD ON WEDNESDAY'S

NOTE: WE OFFER CHEF'S CHOICE AND SPINACH PASTA SALADS
ALTERNATE WEEKS

THE COST IS \$4.50 EACH

A LIST IS SENT OUT EACH MONTH WITH THE DATES THAT THE
CHEF'S CHOICE

AND/OR SPINACH PASTA SALADS WILL BE DELIVERED

SALADS MAY BE SUBJECT TO CHANGE BASED ON THE
AVAILABILITY OF INGREDIENTS