

August 2019



To cancel a meal, call the office no later than 11 am the day before your meal delivery

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pasta Primavera	2 Cold Plate – Chicken Souvlaki	3 Breaded Sole
4 Meatloaf	5 OFFICE CLOSED No Meal Today	6 Pulled Pork	7 Coconut Chicken	8 Sweet & Sour Meatballs	9 Cold Plate – Tuna Salad Wrap	10 Cod with Hollandaise
11 Vegetable Chow Mein	12 Sausages with Gravy	13 Spaghetti	14 Chicken Teriyaki	15 Corned Beef	16 Cold Plate -Salmon Salad	17 Tilapia
18 Vegetable Lasagna	19 BBQ Chicken	20 Pork Souvlaki	21 Beef Stroganoff	22 Roast Beef	23 Cold Plate – Chicken Salad Wrap	24 Haddock
25 Cabbage Rolls	26 Salisbury Steak	27 Macaroni & Cheese	28 Ham	29 Butter Chicken	30 Cold Plate – Egg Salad	31 Salmon

IMPORTANT NOTE: Our office is closed Monday, August 5 for the Civic holiday. Please call the office to order an extra meal to cover the closure before Wednesday, July 31st. Or order online at <http://mealsonwheelslondon.ca/hotmeals>