

April 2018



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 Salisbury Steak	2 Sausages or Pulled Pork- NAS	3 Pineapple and Ginger Chicken	4 Beef Stroganoff	5 Pesto Chicken	6 Multigrain tilapia	7 Honey Glazed Meatballs
8 Chicken Stir Fry	9 Spaghetti	10 Coconut Chicken	11 Braised Pork	12 Turkey Shepherd's Pie	13 Breaded Sole	14 Roast Beef
15 Chicken Pot Pie	16 Braised Beef	17 Shepherd's Pie	18 Chicken Gumbo	19 Pork Loin	20 Haddock	21 BBQ Chicken
22 Baked Ham or Pork Loin-NAS	23 Turkey a la King	24 Mango Chicken	25 Lasagna	26 Grilled Chicken	27 Salmon	28 Beef Stew
29 Roast Turkey	30 Teriyaki Chicken	<p>We want to hear from you! Please call the office with any feedback you may have about our menu. Thank you!</p>				

www.mealsonwheelslondon.ca - (519)-660-1430