

April 2021

ANY CHANGES or CANCELLATIONS must be made 48 hours before your meal delivery

Please call the office at 519-660-1430

Sunday (delivered Friday)	Monday	Tuesday (delivered Monday)	Wednesday	Thursday (delivered Wednesday)	Friday	Saturday (delivered Friday)
28 BBQ Beef Ribette	29 Turkey Chili	30 Cold Plate Asian Chicken Salad with Peanut Dressing	31 Moroccan Vegetable Stew	1 Cold Plate Salmon Salad	2 NO MEAL DELIVERY OFFICE CLOSED	3 NO MEAL AVAILABLE
4 NO MEAL AVAILABLE	5 Turkey Pot Pie	6 Cold Plate Salmon Cream Cheese Pinwheels	7 Sweet Potato Chili	8 Cold Plate Chicken Salad	9 Cabbage Rolls	10 Tilapia
11 Dijon Roasted Pork	12 Salisbury Steak	13 Cold Plate Egg Salad	14 Chicken in Bacon & Mushroom Sauce	15 Cold Plate Turkey Salad	16 Swedish Chicken Meatballs	17 Pesto Crusted Salmon
18 Cheesy Beef Macaroni	19 Roasted Chicken with Gravy	20 Cold Plate Southwest Chicken Salad	21 Beef Taco Bake	22 Cold Plate Salami & Mozzarella Pinwheels	23 Cuban Beef Stew	24 Sole with Lemon Butter Sauce
25 Cheese Manicotti	26 Butter Chicken	27 Cold Plate Chicken Souvlaki	28 BBQ Beef Ribette	29 Cold Plate Tuna Salad	30 Spaghetti with Meat Sauce and Parmesan Cheese	1 Sweet Chili Basa

IMPORTANT NOTE: Due to Good Friday, our office will be closed Friday, April 2. Please call the office to order an extra meal to cover the closure before Mon. Mar. 29th or order online: <http://mealsonwheelslondon.ca/hotmeals>



Meals on Wheels London

OFFICE HOURS: Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca

Eligibility for subsidy

On the back of the March calendar we let you know that we are updating the income levels that are eligible for subsidy. If you think that you may now be eligible for subsidy under these new guidelines or that you are eligible for a different level of subsidy please send in your 2020 Notice of Assessment from Canada Revenue Agency (if you have already done your 2020 taxes). We will also accept the 2019 Notice of Assessment. You can send this information by regular mail (Meals on Wheels London, 356 Queens Ave London, ON N6B 1X6) or by email to rsoltan@mowl.ca.

Attention: Clients funded by Blue Cross through the Veteran's Affairs Program or Canadian Armed Forces programs – We are now offering the subsidy program to this client group which will help the funding you receive go a little bit further. To assess your eligibility for subsidy please send in your 2020 Notice of Assessment from Canada Revenue Agency (if you have already done your 2020 taxes). We will also accept the 2019 Notice of Assessment. You can send this information by regular mail (Meals on Wheels London, 356 Queens Ave London, ON N6B 1X6) or by email to rsoltan@mowl.ca.

Marching for Meals 2021

We are so torn that we cannot gather together in person, but we know that we all must do our part to combat the spread of COVID-19. One day we will gather again! Because of this, we brainstormed some ways to bring our wonderful Meals on Wheels community together safely. So... Please join us for a night of trivia on April 30th! This will be on zoom, so it will require a computer. Tickets are \$25 per group (up to 5) and if you raise \$100 through your walk... Your entry to trivia is FREE! Join in the battle of the minds and your group could take home some great prizes!

Any questions? Please contact Devon at 519-660-1430 ext 257 or dmota@mowl.ca

REMINDER...

Easter Weekend

There will be no daily meals available for order on the Easter Weekend, April 2, 3 and 4. We encourage clients to pre-order a package of frozen meals to have on hand for this weekend.

Frozen meals can be ordered on Mondays by calling the office at 519-660-1430 for delivery on Thursday of that week.

You can also order an extra Wednesday or Thursday meal to be delivered on Wed. March 31 to eat on Good Friday, April 2.

Heating your Daily Meals

The meal container is suited for both the oven and microwave.

Warning: Containers are **not safe** to use in toaster ovens.

MICROWAVE: Do not remove the film before heating. Heating directions for the microwave are listed on the label of each meal.

OVEN: Do not remove the film on your meal before heating. We suggest heating your meal on a cookie tray in the oven at 350 degrees Fahrenheit for approximately 30-40 minutes.