



Meals on Wheels London

Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca

“Out for Lunch Bunch” Group Outing

Join us for a trip out to lunch.
We arrange transportation with our own Meals on Wheels London volunteers who will pick you up and take you to a pre-determined restaurant to enjoy lunch and companionship! The cost is \$12.00 for the trip, plus your lunch.



May Lunch Bunch: **Fireside Grill**

Friday, May 10 OR Wednesday, May 15
12:00pm

*RSVP by April 26th 519-660-1430

REMINDER...

We are closed
Friday April 19th
for Good Friday. Saturday
and Sunday meals will be
delivered on Thursday,
April 18th. If you would
like a meal to cover the
closure, please call the
office. Regular meal
delivery resumes Monday,
April 22nd

Updated Pricing – April 1, 2019

<i>Service</i>	<i>Regular</i>	<i>Subsidy 1</i>	<i>Subsidy 2</i>
Daily Meals	8.15	5.25	4.15
Frozen Meals	40.70	33.00	28.00
Frozen Soups	15.60	14.00	12.50
Frozen Desserts	15.60	14.00	12.50
Transportation	22.00	18.00	15.00

Please contact the office at 519-660-1430
with any questions or concerns.

We offer Frozen Meal Options

These meals are delivered in groups of 7 and are delivered once per week. You choose the meals you want! Soup and Dessert options are also available.

Call the office to request a Frozen Meal menu or see it online at www.mowl.ca

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 20-35 minutes.

If you want to save your meal for later in the day, please call the office and request your meal be sent chilled.

April 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
31 Roast Beef	1 Meatloaf	2 Chicken Stir Fry	3 Roast Turkey	4 Spaghetti	5 Cold Plate-Seafood & Macaroni Salad	6 Breaded Sole
7 Chicken Teriyaki	8 Corned Beef	9 Pesto Chicken	10 Shepherd's Pie	11 Coconut Chicken	12 Cold Plate – Turkey/ Mango Orzo Salad	13 Haddock
14 Braised Beef	15 Vegetarian Chili	16 Chicken Fingers	17 Ham	18 BBQ Chicken	19 CLOSED NO MEAL TODAY	20 Cold Plate- Tuna Salad/ Black Bean Salad
21 Salmon	22 Salisbury Steak	23 Sweet & Sour Chicken	24 Pork Loin	25 Roast Beef	26 Cold Plate- Chicken Salad/ Potato Salad	27 Tilapia
28 Beef Stew	29 Turkey a la King	30 Macaroni & Cheese	1 Mango Chicken	2 Lasagna	3 Cold Plate- Egg Salad/ Apple Cole Slaw	4 Lemon Cod

IMPORTANT NOTE: Due to the Easter Holiday, our office is closed Friday, April 19th, weekend meals will be delivered on Thursday, April 18th. Please call the office to order an extra meal to cover the closure by Tuesday, April 16th. Order online: <http://mealsonwheelslondon.ca/hotmeals>