

December 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 Cheesy Beef Macaroni	29 Roast Beef	30 Cold Plate Turkey Salad/ Mango Orzo Salad	1 Cabbage Rolls	2 Cold Plate Ham Salad/ Potato Salad	3 BBQ Beef Ribbette	4 Honey Garlic Glazed Salmon
5 Mango Chicken Curry	6 Sweet & Sour Chicken Meatballs	7 Cold Plate Chicken Salad/ Mandarin Orange Salad	8 Hot Hamburger with Onion Gravy	9 Cold Plate Tuna Salad/ Coleslaw	10 Chicken Cacciatore	11 Lemon Pepper Cod
12 Turkey Pot Pie	13 Beef Chili	14 Cold Plate Egg Salad/ Carrot & Raisin Salad	15 Roasted Red Pepper & Cheddar Quiche	16 Cold Plate Salmon Cream Cheese Pinwheels	17 Butter Chicken	18 Multigrain Tilapia
19 Ham with Dijon Gravy	20 Fajita Beef	21 Cold Plate Salami & Provolone Pinwheels	22 Spaghetti with Meat Sauce	23 Cold Plate Salmon Salad/ Macaroni Salad	24 Meatloaf with Gravy	25 Special Christmas Meal *by order only*
26 NO MEAL AVAILABLE	27 NO MEAL AVAILABLE and office closed	28 NO MEAL AVAILABLE and office closed	29 Dijon Roasted Pork	30 Cold Plate Southwest Chicken Salad	31 Cheese Manicotti	1 Sole with Lemon Butter Sauce

IMPORTANT NOTE: PLEASE SEE THE BACK OF THE CALENDAR FOR OUR CHRISTMAS HOLIDAY CLOSURE DATES

Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

Holiday Meal Schedule

Due to the way the Christmas Holiday falls this year, regular daily meals will not be available on the following days:

Saturday, December 25 – Tuesday, December 28

(offices will be closed and no meal delivery)

special Christmas Meal delivery on Saturday, Dec. 25 if pre-ordered by Dec. 17

Monday, January 3

*Regular daily meal delivery will resume on Tuesday Jan. 4



There will be no Frozen meal delivery on:

Thursday, December 30

We strongly suggest that daily meal clients order some frozen meals to have on hand over the holiday break.

All frozen meals MUST be ordered before Monday, December 20 at 4:00pm for delivery before the holiday closure.

To request a frozen meal menu please call 519-660-1430 or visit our website www.mowl.ca

NOW OFFERING FREE RIDES TO COVID VACCINE APPOINTMENTS

Thanks to the support of the Government of Ontario and the Ontario Community Support Association those 55+ and adults 18+ with a disability can now attend COVID-19 vaccination appointments, round-trip, at no cost. Clients must qualify for MOWL transportation services and be able to travel independently with no assistance.

Call us at 519-660-1430, press 2 for transportation

Rides are Mon-Fri from 10am-4pm and are subject to volunteer availability. Only for a limited time.

Inclement Weather Update...

Please remember to keep your walkways clear of snow and ice so that our volunteers can safely deliver your meals.

Thank you very much!

We appreciate all feedback regarding our meals or transportation services. Please call us at 519-660-1430 ext 233 with any compliments or concerns you may have. Your feedback helps us to improve our services for all clients.

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. Please note times listed are at 50% power.

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.