



# Meals on Wheels London

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

519-660-1430

[www.mowl.ca](http://www.mowl.ca)

[info@mowl.ca](mailto:info@mowl.ca)

## OUR HOLIDAY WISH...

The staff and volunteers of Meals on Wheels London would like to wish our clients and their friends and families a safe and happy holiday season!

Regular daily meal delivery resumes on Monday, January 4  
Frozen meal delivery resumes on Thursday, January 7

Please remember to order extra frozen meals to have on hand for the days we are closed:  
Dec. 25, 26, 27, 28, and Jan. 1, 2, 3

Call the office at 519-660-1430 or visit [www.mowl.ca](http://www.mowl.ca)

### Inclement Weather Update...

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

We are still providing contactless delivery of your meals. If you cannot pick up your meals from the ground, please place a small table or chair outside your door or hang a reusable grocery bag on your door handle for the volunteers to leave your meals. We will continue to make sure that the volunteer sees the client retrieve their meals.

Thank you for your continued support.

### REMINDER...

#### Transportation Update

Transportation clients should have received an update in the mail about the new processes for our transportation service. We re-started our transportation program on December 7th with new rules for rides in place.

Please call the transportation office if you have any questions or concerns.

519-660-1430 ext. 229 or 233

Thank you for your understanding as we try to keep our clients and volunteers safe at this time.

### Meals on Wheels London “Cash & Carry” package of Seven Frozen Meal Favourites!

Our top selling frozen meals are now available at our office for pick up!

No need to register, just call ahead, pre-pay and pick up our top 7 meals!

- \*Meatloaf in Gravy
- \*Fish & Chips
- \*Cheese Omelette
- \*Sweet & Sour Chicken
- \*Shepherd’s Pie
- \*Pork with Stuffing
- \*Chicken with Cheddar and Bacon Sauce

\$40.70 for 7 meals

Call 519-660-1430

Available at 356 Queens Ave office only

### 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.

# January 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)
3 NO MEAL AVAILABLE	4 Cheese Manicotti	5 Cold Plate Southwest Chicken Salad	6 Cuban Beef Stew	7 Cold Plate Ham & Cheddar Pinwheels	8 Meatloaf	9 Sole with Lemon Butter Sauce
10 Roasted Chicken with Gravy	11 Roast Beef	12 Cold Plate Chicken Souvlaki	13 Beef Taco Bake	14 Cold Plate Tuna Salad	15 Turkey Burger	16 Sweet Chili Basa
17 Butter Chicken	18 Sausages with Gravy	19 Cold Plate Salmon Salad	20 Braised Beef Meat Pie	21 Cold Plate Asian Chicken Salad with Peanut Dressing	22 Turkey Chili	23 Multigrain Tilapia
24 Moroccan Vegetable Stew	25 Cabbage Rolls	26 Cold Plate Chicken Salad	27 Turkey Pot Pie	28 Cold Plate Salmon Cream Cheese Pinwheels	29 Dijon Roasted Pork	30 Haddock
31 Turkey Dinner	1 Swedish Chicken Meatballs	2 Cold Plate Turkey Salad	3 Salisbury Steak	4 Cold Plate Egg Salad	5 Pasta Bake with Italian Sausage	6 Salmon

**IMPORTANT NOTE: Our office will be closed and no meals available for January 1, 2, 3. Regular meal delivery resumes on Monday, January 4**