

# June 2022



**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)
29 Orange Ginger Chicken Meatballs	30 Hot Hamburger	31 Cold Plate Egg Salad/Carrot & Raisin Salad	1 Chicken Cacciatore	2 Cold Plate Tuna Salad/ Coleslaw	3 Chicken Tikka Masala	4 Salmon Patty with Dill Sauce
5 Chicken Cordon Bleu	6 Pineapple BBQ Chicken	7 Cold Plate Salmon Cream Cheese Pinwheels	8 Dijon Roasted Pork	9 Cold Plate Chicken Salad/ Potato Salad	10 Cheesy Beef Macaroni	11 Multigrain Tilapia
12 Broccoli & Cheddar Quiche	13 Tomato Vegetable Pasta Primavera	14 Cold Plate Salmon Salad/ Macaroni Salad	15 Pepper Steak	16 Cold Plate Salami & Provolone Pinwheels	17 BBQ Beef Ribbette	18 Tuna Casserole
19 Roasted Chicken with Gravy	20 Cheese Manicotti	21 Cold Plate Southwest Chicken Salad	22 Vegetable Pot Pie	23 Cold Plate Chicken Souvlaki/ Greek Salad	24 BBQ Pulled Pork	25 Sole with Lemon Butter Sauce
26 Stuffed Pepper & Beef Casserole	27 Orange Ginger Chicken Meatballs	28 Cold Plate Turkey Salad/ Mango Orzo Salad	29 BBQ Cheeseburger Meatloaf	30 Cold Plate Ham Salad/ Broccoli Salad	1 NO MEAL AVAILABLE Office closed	2 NO MEAL AVAILABLE

**IMPORTANT NOTE: Daily meals can be ordered by calling 519-660-1430 and pressing "1" or visiting the Meals on Wheels website here <https://www.mealsonwheelslondon.ca/daily-meal-order-form>**

# 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)

## Wheels for Wellness Transportation Service

### *JUNE 2 is the DAY TO VOTE!!!*

Do you need a ride to your voting station? Meals on Wheels “Wheels for Wellness” program will be providing rides to polling stations for our Transportation clients. Round trip for \$22 (subsidized rates available)



*Please call 519-660-1430 press 2  
For more information or to book your appointment  
June 2, 2022  
10:00am – 4:00pm*

Thank you to our volunteer drivers who have opened their schedules to help us get our clients out to vote!



*Looking Ahead....*

### **Canada Day Weekend**

There will be no daily meals available for order on the Canada Day Weekend, **July 1, 2 or 3**. We encourage clients to pre-order a package of frozen meals to have on hand for that 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. June 29 to eat on Canada Day, July 1.

Our office will be closed and no meal will be available for Friday, July 1.

If you would like to order an extra meal to eat on Friday please call the office by Monday, June 27

Your choices are:

- BBQ Cheeseburger Meatloaf
- Ham Salad Cold Plate

Call 519-660-1430 or order at [www.mowl.ca](http://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. 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.