

# January 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)
2 Vegetable Pot Pie	3 NO MEAL AVAILABLE Office closed	4 Cold Plate Ham Salad/Potato Salad	5 BBQ Beef Ribette	6 Cold Plate Turkey Salad/Mango Orzo Salad	7 Roast Beef	8 Honey Garlic Glazed Salmon
9 Cabbage Rolls	10 Hot Hamburger with Onion Gravy	11 Cold Plate Tuna salad/ Coleslaw	12 Turkey Pot Pie	13 Cold Plate Chicken Salad/ Broccoli Salad	14 Sweet & Sour Chicken Meatballs	15 Breaded Lemon Pepper Cod
16 Chicken Cacciatore	17 Butter Chicken	18 Cold Plate Salmon Cream Cheese Pinwheels	19 Ham with Dijon Gravy	20 Cold Plate Egg Salad/ Carrot & Raisin Salad	21 Beef Chili	22 Multigrain Tilapia
23 Roasted Red Pepper and Cheddar Quiche	24 Spaghetti with Meat Sauce	25 Cold Plate Salmon Salad/ Macaroni Salad	26 Roast Turkey	27 Cold Plate Salami & Provolone Pinwheels	28 Meatloaf with Gravy	29 Tuna Casserole
30 Fajita Beef	31 Cheese Manicotti	1 Cold Plate Southwest Chicken Salad	2 Vegetable Pot Pie	3 Cold Plate Chicken Souvlaki	4 Dijon Roasted Pork	5 Sole with Lemon Butter Sauce

**IMPORTANT NOTE: There will be no meal available on Monday, January 3.  
Regular meal delivery will resume**



# 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)

## Are you Looking for Some Good Conversation?

### *You're In Good Company by Katie Stewart*

Meals on Wheels London is offering Social Calls at no cost to our clients. We have partnered with Katie Stewart and her company "You're in Good Company" to offer social phone calls and conversation!

If you are interested in chatting with Katie, you can sign up by calling the Meals on Wheels office at 519-660-1430 or emailing [info@mowl.ca](mailto:info@mowl.ca)

*"With a background in recreation therapy and community development, I want to offer a different social experience that focuses on building meaningful connections through sharing stories, connecting over mutual interests and laughing so hard your cheeks hurt. The way we end loneliness is by supporting older adults to build strong connections, so they can have something to look forward to and someone to count on".*  
*Katie Stewart*

*THE STAFF AT MEALS ON WHEELS LONDON WOULD LIKE TO WISH OUR CLIENTS AND VOLUNTEERS A VERY HAPPY HOLIDAY SEASON AND CONTINUED HEALTH AND HAPPINESS IN THE NEW YEAR!*

### 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 and booster shot appointments, round-trip, at no cost. Clients must qualify for MOWL transportation services and be able to travel independently with little or 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.*

### 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!

### 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.