



# Meals on Wheels London

Monday – Friday 8:30am – 4:30pm

519-660-1430

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

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

## Happy New Year! January 2019

The staff and volunteers at Meals on Wheels London and Wheels for Wellness wish you a safe and happy holiday season. May the New Year bring you health and happiness.

### Winter Volunteer Safety

Snow is pretty to look at but not on your driveway or sidewalk. Ice and snow are a hazard for you and our volunteers. We appreciate you keeping your property cleared.



## Thank YOU!

To all who attended our Gift of Food in November. We were able to raise over \$20,000 for



Meals on Wheels London!

## Did you know?

We offer Transportation Services to wellness related appointments!

This affordable service is largely provided by volunteers within our community and provides door to door transportation services.



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](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.

**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.

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

[www.mowl.ca](http://www.mowl.ca) Order Hot Meals Online here: <http://mealsonwheelslondon.ca/hotmeals>

or Call 519-660-1430