

June 2019

**SO MANY NEW
ITEMS! WE WANT
YOUR FEEDBACK!
519-660-1430**

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 |
|------------------------|-----------------------------|-------------------------|------------------------|----------------------|---|------------------------------|
| | | | | | | 1 Tilapia |
| 2 Beef Stew | 3 Sausages with Gravy | 4 Spaghetti | 5 Chicken Teryaki | 6 Corned Beef | 7 Cold Plate – Salmon Salad/ Macaroni Salad | 8 Cod with Hollandaise |
| 9 Vegetable Lasagna | 10 BBQ Chicken | 11 Pork Souvlaki | 12 Vegetarian Chili | 13 Roast Beef | 14 Cold Plate -Chicken Salad Wrap | 15 Haddock |
| 16 Cabbage Rolls | 17 Salisbury Steak | 18 Macaroni & Cheese | 19 Ham | 20 Butter Chicken | 21 Cold Plate – Egg Salad/ Pasta Salad | 22 Salmon |
| 23 Chicken Alfredo | 24 Meatloaf | 25 Pork Loin | 26 Mango Chicken | 27 Lasagna | 28 Cold Plate – Chicken Souvlaki/ Greek Salad | 29 Breaded Sole |

IMPORTANT NOTE: Our office is closed Monday, July 1 for the Canada Day holiday. Please call the office to order an extra meal to cover the closure before Wednesday, June 26th. Or order online at <http://mealsonwheelslondon.ca/hotmeals>

