

March 2020



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 Pesto Chicken	2 Turkey Burger	3 Honey Garlic Meatballs	4 Coconut Chicken	5 Shepherd's Pie	6 Cold Plate – Tuna Salad	7 Cod with Hollandaise
8 Pulled Pork	9 Spaghetti in Tomato Sauce	10 Sausages with Gravy	11 Corned Beef	12 Beef Stew	13 Cold Plate – Salmon Salad	14 Tilapia
15 Sweet & Sour Chicken	16 Turkey Chili	17 BBQ Chicken	18 Roast Beef	19 Cabbage Rolls	20 Cold Plate- Chicken Salad	21 Haddock
22 Beef Stroganoff	23 Butter Chicken	24 Salisbury Steak	25 Braised Beef	26 Mango Chicken	27 Cold Plate – Egg Salad	28 Salmon
29 Ham	30 Pork Loin	31 Meatloaf	1 Cheese Manicotti	2 Pesto Chicken	3 Cold Plate – Diced Ham and Swiss	4 Breaded Sole

IMPORTANT NOTE: Join us on March 27, 2020 for our March for Meals Fundraising Walk!

To get more information, register and/or to make a donation please visit our website at:

www.mealsonwheelslondon.ca