



Meals on Wheels London

Monday – Friday 8:30am – 4:30pm

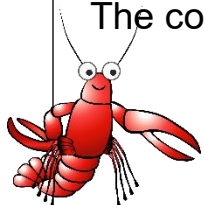
519-660-1430

www.mowl.ca

info@mowl.ca

“Out for Lunch Bunch” Group Outing

Join us for a trip out to lunch.
We arrange transportation with our own Meals on Wheels London volunteers who will pick you up and take you to a pre-determined restaurant to enjoy lunch and companionship! The cost is \$12.00 for the trip, plus your lunch.



April Lunch Bunch:
Red Lobster Restaurant



Friday, April 12 OR Wednesday, April 17
12:00pm

*RSVP by March 27th 519-660-1430

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.



March for Meals 2019 is happening March 29th, 2019 from 2-4pm at BMO Centre London. All are welcome! Participate, take part in our silent auction and network with our wonderful supporters!

Donate online www.mowl.ca

Or send cheques Attn: MOWL, March for Meals
356 Queens Ave London, ON, N6B 1X6

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

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.

March 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
					1 Cold Plate-Seafood & Macaroni Salad	2 Breaded Sole
3 Chicken Teriyaki	4 Pesto Chicken	5 Shepherd`s Pie	6 Coconut Chicken	7 Corned Beef	8 Cold Plate – Turkey/ Mango Orzo Salad	9 Haddock
10 Braised Beef	11 Chicken Fingers	12 Ham	13 BBQ Chicken	14 Vegetarian Chili	15 Cold Plate- Tuna/ Black Bean Salad	16 Salmon
17 Grilled Chicken	18 Sweet & Sour Chicken	19 Pork Loin	20 Roast Beef	21 Salisbury Steak	22 Cold Plate- Chicken Salad/ Potato Salad	23 Tilapia
24 Beef Stew	25 Macaroni and Cheese	26 Mango Chicken	27 Lasagna	28 Turkey a la King	29 Cold Plate- Egg Salad/ Apple Cole Slaw	30 Lemon Cod

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Roast Beef

www.mowl.ca Order Hot Meals Online here: <http://mealsonwheelslondon.ca/hotmeals>
or Call 519-660-1430