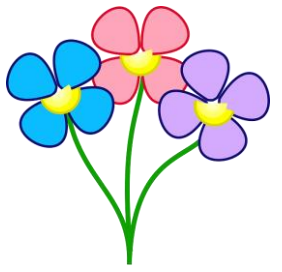


May 2021



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 Roast Beef	3 Moroccan Vegetable Stew	4 Cold Plate Salmon Salad	5 Honey Mustard Pulled Beef	6 Cold Plate Asian Chicken Noodle Salad Peanut Dressing	7 Turkey Chili	8 Baked Cod
9 Baked Ham	10 BBQ Beef Ribette	11 Cold Plate Chicken Salad	12 Dijon Roasted Pork	13 Cold Plate Salmon Cream Cheese Pinwheels	14 Turkey Pot Pie	15 Tilapia
16 Cabbage Rolls	17 Chicken in Mushroom and Bacon Sauce	18 Cold Plate Turkey Salad	19 Cheesy Beef Macaroni	20 Cold Plate Egg Salad	21 Salisbury Steak	22 Pesto Crusted Salmon
23 Swedish Chicken Meatballs	24 CLOSED No Meal Delivery	25 Cold Plate Salami & Mozzarella Pinwheels	26 Cheese Manicotti	27 Cold Plate Southwest Chicken Salad	28 Roasted Chicken with Gravy	29 Sole with Lemon Butter Sauce
30 Cuban Beef Stew	31 Sweet Potato Chili	1 Cold Plate Tuna Salad	2 Roast Beef	3 Cold Plate Chicken Souvlaki	4 Butter Chicken	5 Sweet Chili Basa

IMPORTANT NOTE: Due to the Victoria Day Holiday we will be closed on Monday, May 24. To order an extra meal for that day please call 519-660-1430 before May 19 or visit the website: <http://mealsonwheelslondon.ca/hotmeals>

Meals on Wheels London

OFFICE HOURS: Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca

Eligibility for Subsidy

On the back of the March calendar we let you know that we are updating the income levels that are eligible for subsidy. If you think that you may now be eligible for subsidy under these new guidelines or that you are eligible for a different level of subsidy please send in your 2020 Notice of Assessment from Canada Revenue Agency (if you have already done your 2020 taxes). We will also accept the 2019 Notice of Assessment. You can send this information by regular mail (Meals on Wheels London, 356 Queens Ave London, ON N6B 1X6) or by email to rsoltan@mowl.ca.

Attention: Clients funded by Blue Cross through the Veteran's Affairs Program or Canadian Armed Forces programs – We are now offering the subsidy program to this client group which will help the funding you receive go a little bit further. To assess your eligibility for subsidy please send in your 2020 Notice of Assessment from Canada Revenue Agency (if you have already done your 2020 taxes). We will also accept the 2019 Notice of Assessment. You can send this information by regular mail (Meals on Wheels London, 356 Queens Ave London, ON N6B 1X6) or by email to rsoltan@mowl.ca.

Cash and Carry Meal Favourites

Available at the Meals on Wheels London Office
356 Queens Ave.

Our seven most popular frozen meals are available for purchase at our office, no registration required.

A great way to sample some of our most in demand frozen meals. Your package of seven meals will include one of each of the following:

- cheese omelette
- meatloaf in mushroom gravy
- sweet and sour chicken
- fish and chips
- shepherd's pie
- chicken with broccoli and white cheddar sauce
- spaghetti with tomato sauce

\$40.70 for 7 entrees

For quick and easy pick up, please call ahead to pay by credit card or debit card. Payment can be made at the door but pre-payment is preferred during the Covid-19 pandemic.

REMINDER...

Victoria Day Weekend

Our office is closed and there will be no daily meal delivery on Monday, May 24.

We will deliver the Tuesday meal on May 25.

To order a meal to cover this holiday please call 519-660-1430 and let them know which meal you would like:

- ✓ Salisbury Steak
- ✓ Pesto Crusted Salmon
- ✓ Swedish Chicken Meatballs

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 30-40 minutes.