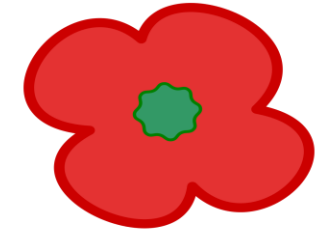


November 2019



Lest We Forget.

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 – Chicken Salad	2 Haddock
3 Cabbage Rolls	4 Salisbury Steak	5 Macaroni & Cheese	6 Ham	7 Butter Chicken	8 Cold Plate – Egg Salad	9 Salmon
10 Chicken Alfredo	11 Meatloaf	12 Pork Loin	13 Mango Chicken	14 Meat Lasagna	15 Cold Plate – Chicken Souvlaki	16 Breaded Sole
17 Pasta Primavera	18 Turkey Burger	19 Sweet & Sour Meatballs	20 Coconut Chicken	21 Vegetable Chow Mein	22 Cold Plate – Tuna Salad	23 Cod With Hollandaise
24 Pulled Pork	25 Spaghetti	26 Chicken Teriyaki	27 Corned Beef	28 Vegetable Lasagna	29 Cold Plate – Salmon Salad	30 Tilapia

IMPORTANT NOTE: Our office will be closed and no meals available for Friday, December 27, Saturday, December 28 and Sunday, December 29. Please consider ordering frozen meals to have on hand for these days.

www.mowl.ca