

Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

Looking Ahead...

Due to the way the Christmas Holiday falls this year, daily meals will not be available on the following days:

Saturday, December 26 **Friday, January 1**
Sunday, December 27 **Saturday, January 2**
Monday, December 28 **Sunday, January 3**

There will be no Frozen meal delivery on:

Thursday, December 24
Thursday, December 31

We strongly suggest that daily meal clients order some frozen meals to have on hand over the holiday break.

All frozen meals MUST be ordered before Monday, December 14 at 4:00pm for delivery before the holiday closure.

To request a frozen meal menu please call 519-660-1430 or visit our website www.mowl.ca

Transportation Update

Due to the ongoing COVID 19 pandemic our transportation program continues to be suspended. The Meals on Wheels team is working hard to determine when it will be safe for our **Wheels for Wellness** program to start running again. Thank you for your continued patience and understanding.

REMINDER...

We are closed
Monday October 12th
for Thanksgiving.
If you would like a meal to cover the closure, please call the office before
Wednesday, Oct. 7th
Choices are:

- Sausages in Gravy
- Tilapia
- Turkey Dinner

Cash and Carry frozen meal packages are still available for purchase at our 356 Queen's Ave office location. Please call ahead to pre-pay and arrange your pick up time. A great way to have some extra delicious meals on hand!
519-660-1430

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.

October 2020



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)
27 Roast Pork Loin	28 Pulled Pork	29 Cold Plate – Tuna Salad	30 Roast Beef	1 Cold Plate - Roast Beef Pinwheels	2 Butter Chicken	3 Butterfly Shrimp
4 Turkey Burger	5 Corned Beef	6 Cold Plate – Asian Chicken Salad with Peanut Dressing	7 Moroccan Vegetable Stew	8 Cold Plate – Salmon Salad	9 Sausages in Gravy	10 Multigrain Tilapia
11 Turkey Dinner	12 CLOSED No meal delivery today	13 Cold Plate – Salmon Pinwheels (delivered Tuesday)	14 BBQ Chicken	15 Cold Plate – Chicken Salad	16 Cabbage Rolls	17 Haddock
18 Dijon Roasted Pork	19 Mango Chicken	20 Cold Plate – Turkey Salad	21 Chicken in Bacon and Mushroom Sauce	22 Cold Plate -Egg Salad	23 Pasta Bake with Italian Sausage	24 Salmon
25 Salisbury Steak	26 Pesto Chicken	27 Cold Plate – Southwest Chicken Salad	28 Cuban Beef Stew	29 Cold Plate - Ham and Cheddar Pinwheels	30 Cheese Manicotti	31 Breaded Sole

IMPORTANT NOTE: Due to the Thanksgiving Holiday, our office will be closed Monday, Oct. 12. Please call the office to order an extra meal to cover the closure by Wednesday, Oct. 7th or order online: <http://mealsonwheelslondon.ca/hotmeals>