

October 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
29 BBQ Chicken	30 Macaroni & Cheese	1 Ham	2 Butter Chicken	3 Chicken Alfredo	4 Cold Plate – Egg Salad	5 Salmon
6 Salisbury Steak	7 Pork Loin	8 Mango Chicken	9 Meat Lasagna	10 Pasta Primavera	11 Cold Plate – Chicken Souvlaki	12 Breaded Sole
13 Meatloaf	14 CLOSED NO MEAL TODAY	15 Pulled Pork	16 Coconut Chicken	17 Sweet & Sour Meatballs	18 Cold Plate – Tuna Salad	19 Cod with Hollandaise
20 Vegetable Chow Mein	21 Sausages with Gravy	22 Spaghetti	23 Chicken Teriyaki	24 Corned Beef	25 Cold Plate – Salmon Salad	26 Tilapia
27 Vegetable Lasagna	28 BBQ Chicken	29 Pork Souvlaki	30 Beef Stroganoff	31 Roast Beef	1 Cold Plate – Chicken Salad	2 Haddock

IMPORTANT NOTE: Our office is closed Monday, October 14. for Thanksgiving. Please call the office to order an extra meal to cover the closure before Wednesday, October 9th. Or to place an order online visit <http://mealsonwheelslondon.ca/hotmeals>