



October 2018



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 Turkey a la King	2 Sausages/ Braised Pork (NAS)	3 Mango Chicken	4 Lasagna	5 Cold Plate Egg Salad/Apple Coleslaw	6 Lemon Cod
7 Roast Turkey with Stuffing	8 Office Closed No meal today	9 Chicken Stir Fry	10 Roast Beef	11 Spaghetti	12 Cold Plate Seafood and Macaroni Salad	13 Breaded Sole
14 Chicken Teriyaki	15 Corned Beef	16 Pesto Chicken	17 Shepherd's Pie	18 Coconut Chicken	19 Cold Plate Turkey and Mango Orzo Salad	20 Haddock
21 Braised Beef	22 Vegetarian Chili	23 Chicken Fingers	24 Ham/ Pork Loin (NAS)	25 Sweet and Sour Chicken Balls	26 Cold Plate Tuna and Black Bean Salad	27 Salmon
28 Grilled Chicken	29 Salisbury Steak	30 BBQ Chicken	31 Pork Loin			

We will be closed on Monday October 8th for Thanksgiving Holiday. Please order an extra meal to cover the closure by Tuesday October 2nd. You can order online! Order at <https://www.mealsonwheelslondon.ca/fresh-meals>