

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

IMPORTANT NOTE: Our office is closed Monday, Sept. 2 for the Labour Day holiday. Please call the office to order an extra meal to cover the closure before Wednesday, Aug. 28th. Or order online at <http://mealsonwheelslondon.ca/hotmeals>