



September 2021

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)
29 Turkey Pot Pie	30 Beef Taco Bake	31 Cold Plate Salmon Cream Cheese Pinwheels	1 Ham with Dijon Gravy	2 Cold Plate Egg Salad/Carrot Salad	3 Roasted Red Pepper & Cheddar Quiche	4 Multigrain Tilapia
5 Butter Chicken	6 OFFICE CLOSED No Meal Delivery	7 Cold Plate Tuna Salad/Coleslaw	8 Roasted Chicken with Gravy	9 Cold Plate Salami & Provolone Pinwheels	10 Spaghetti with Meat Sauce	11 Sweet Chili Basa
12 Fajita Beef	13 Dijon Roasted Pork	14 Cold Plate Chicken Souvlaki/ Greek Salad	15 Cheese Manicotti	16 Cold Plate Southwest Chicken Salad	17 Cheesy Beef Macaroni	18 Sole with Lemon Butter Sauce
19 Sweet Potato Chili	20 Sweet & Sour Chicken Meatballs	21 Cold Plate Turkey Salad/Orzo Salad	22 BBQ Beef Ribette	23 Cold Plate Ham Salad/Potato Salad	24 Mango Chicken Curry	25 Pesto Crusted Salmon
26 Roast Beef	27 BBQ Chicken	28 Cold Plate Chicken Salad/Beet Salad	29 Turkey Pot Pie	30 Cold Plate Salmon Salad/ Macaroni Salad	1 Cabbage Rolls	2 Baked Cod

IMPORTANT NOTE: Due to the Labour Day Holiday we will be closed on Monday, September 6. Our office will be closed and there will be no daily meal delivery that day. To order an extra meal for that day please call the office before Wednesday, September 1.

Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

We appreciate your Patience...

Due to the ongoing Covid-19 pandemic we are noticing a higher than usual number of items from our frozen meal menu that are out of stock. We appreciate your patience as we work through this situation. Our frozen meal provider, Apetito, is working hard to make sure that the supply issues causing these shortages are being dealt with as quickly as possible. Currently, there are 21 items out of stock from our menu. If you are ordering several of these items, we will do our best to let you know in advance that your order may be changed up a bit. Apetito will also work hard to substitute these items with other entrees from your order whenever possible.

Thank you for your understanding.
Meals on Wheels London



NOW OFFERING FREE RIDES TO COVID VACCINE APPOINTMENTS

Thanks to the support of the Government of Ontario and the Ontario Community Support Association those 55+ and adults 18+ with a disability can now attend COVID- 19 vaccination appointments, round-trip, at no cost. Client must qualify for MOWL transportation services and be able to travel independently with no assistance

Call us at 519-660-1430, press 2 for transportation

Rides Mon-Fri from 10am-4pm are subject to volunteer availability. Only for a limited time.

REMINDERS...

Summer Office Hours

From July 2 until September 3 our office hours will be as follows:

Monday – Thursday

8:30am – 4:30pm

(office building open until 3:00pm and staff available by telephone until 4:30pm)

Friday

8:30am – 2:00pm

Our office will be closed on Monday September 6. If you want to order a meal to cover this day please Call the office by 10:00am Wednesday, September 1

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. Please note times listed are at 50% power.

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.