

# October 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)
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
3 Hot Hamburger with Onion Gravy	4 Butter Chicken	5 Cold Plate Egg Salad/Carrot Salad	6 Ham With Dijon Gravy	7 Cold Plate Salmon Cream Cheese Pinwheels	8 Beef Taco Bake	9 Multigrain Tilapia
10 Roast Turkey	11 OFFICE CLOSED No Meal Delivery	12 Cold Plate Salami & Provolone Pinwheels	13 Spaghetti with Meat Sauce	14 Cold Plate Tuna Salad/Coleslaw	15 Roasted Chicken with Gravy	16 Sweet Chili Basa
17 Texas Pulled Beef	18 Sweet Potato Chili	19 Cold Plate Chicken Souvlaki	20 Cheesy Beef Macaroni	21 Cold Plate Southwest Chicken Salad	22 Cheese Manicotti	23 Sole with Lemon Butter Sauce
24 Dijon Roasted Pork	25 BBQ Beef Ribbette	26 Cold Plate Ham Salad/Potato Salad	27 Roast Beef	28 Cold Plate Turkey Salad/Orzo Salad	29 Mango Chicken Curry	30 Honey Garlic Glazed Salmon

**IMPORTANT NOTE: Due to the Thanksgiving Holiday we will be closed on Monday, October 11. 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, October 6.**

# Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

## Meals on Wheels...Flexible Ordering

We know that everyone may not like the meal of the day so we want to make sure that you are aware of our flexible ordering. Do you know that you can order 2 or more of the same meal and cancel a meal that you don't like? For example...if you do not like the Butter Chicken on October 4 you could order 2 Egg Salad cold plates to be delivered on that day! If you receive a meal on Friday, you can choose any of the weekend meals, Friday, Saturday or Sunday for your delivery. If you LOVE one of the meals, you can order more than one! We were surprised to find out that some clients did not know that they can be flexible in their ordering. Please give our client services associates a call to ask if you have any questions about your Meals on Wheels

Daily meal orders. We are here to help!

519-660-1430

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

Meals on Wheels London Vaccination Policy will be in effect beginning September 7, 2021. All MOWL volunteers and staff providing meal delivery or transportation rides will be fully vaccinated.

Our staff will be asking our Transportation clients if they are vaccinated or unvaccinated so that we can share this information with the volunteer driver when requesting the ride. We will not ask clients for proof of vaccination at this time.

Thank you.

## October...A Time for Thanks!

Every October the staff at Meals on Wheels London takes the opportunity to thank our many volunteers and staff with our Staff Appreciation Lunch and our Volunteer Appreciation Gala. Although we are unable to gather this year due to ongoing Covid restrictions, we will have a drive by event in which we will recognize our many "years of service" volunteers. This year we will recognize the following number of long-time volunteers:

4 – 5 years	10 – 20 years
10 – 10 years	2 – 25 years
2 – 15 years	

\*we are also recognizing 1 5 year staff member and 1 20 year!!

Please join us in congratulating and thanking all of our wonderful volunteers!  
We couldn't do what we do without them!!



## 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.