

Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

Looking Ahead...

Due to the way the Christmas Holiday falls this year, regular daily meals will not be available on the following days:

Saturday, December 25 – Tuesday, December 28

(offices will be closed and no meal delivery)

*special Christmas Meal delivery on Dec. 25 if pre-ordered by Dec. 17

Monday, January 3

***Regular daily meal delivery will resume on Tuesday Jan. 4**



There will be no Frozen meal delivery on:

Thursday, December 30

We strongly suggest that daily meal clients order some frozen meals to have on hand over the holiday break.

All frozen meals MUST be ordered before Monday, December 20 at 4:00pm for delivery before the holiday closure.

To request a frozen meal menu please call 519-660-1430 or visit our website www.mowl.ca

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.

New Meals in November

We are excited to try some more new meals this month...

- Chicken Cacciatore
- Lemon Pepper Cod
- Meatloaf with Gravy
- Honey Garlic Salmon
- Vegetable Pot Pie

We value your feedback! Please call the office to let us know how you are enjoying the new meals!

519-660-1430

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.

November 2021



Lest We Forget.

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)
31 Cabbage Rolls	1 Hot Hamburger with Onion Gravy	2 Cold Plate Tuna Salad/Coleslaw	3 Chicken Cacciatore	4 Cold Plate Chicken Salad/Mandarin Orange Salad	5 Turkey Pot Pie	6 Breaded Lemon Pepper Cod
7 Sweet & Sour Chicken Meatballs	8 Roasted Red Pepper & Cheddar Quiche	9 Cold Plate Salmon Cream Cheese Pinwheels	10 Butter Chicken	11 Cold Plate Egg Salad/Carrot Salad	12 Ham With Dijon Gravy	13 Multigrain Tilapia
14 Beef Chili	15 Spaghetti with Meat Sauce	16 Cold Plate Salmon Salad/ Macaroni Salad	17 Meatloaf with Gravy	18 Cold Plate Salami & Provolone Pinwheels	19 Fajita Beef	20 Tuna Casserole
21 Roast Turkey	22 Cheese Manicotti	23 Cold Plate Southwest Chicken Salad	24 Vegetable Pot Pie	25 Cold Plate Chicken Souvlaki	26 Dijon Roast Pork	27 Sole with Lemon Butter Sauce
28 Cheesy Beef Macaroni	29 Roast Beef	30 Cold Plate Turkey Salad/ Mango Orzo Salad	1 Cabbage Rolls	2 Cold Plate Ham Salad/ Potato Salad	3 BBQ Beef Ribbette	4 Honey Garlic Glazed Salmon

IMPORTANT NOTE: PLEASE SEE THE BACK OF THE CALENDAR FOR OUR CHRISTMAS HOLIDAY CLOSURE DATES