

# May 2022



**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)
1 Chicken Tikka Masala	2 Broccoli & Cheddar Quiche	3 Cold Plate Chicken Salad/ Potato Salad	4 Pineapple BBQ Chicken	5 Cold Plate Salmon Cream Cheese Pinwheels	6 Dijon Roasted Pork	7 Multigrain Tilapia
8 Cheesy Beef Macaroni	9 Roasted Chicken	10 Cold Plate Salami & Provolone Pinwheels	11 Vegetable Pasta Primavera	12 Cold Plate Salmon Salad/ Macaroni Salad	13 Pepper Steak	14 Tuna Casserole
15 BBQ Beef Ribbette	16 Stuffed Pepper & Beef Casserole	17 Cold Plate Chicken Souvlaki/ Greek Salad	18 Cheese Manicotti	19 Cold Plate Southwest Chicken Salad	20 Vegetable Pot Pie	21 Sole with Lemon Butter Sauce
22 BBQ Pulled Pork	23 <b>NO MEAL AVAILABLE</b> Office closed	24 Cold Plate Ham Salad/ Broccoli Salad	25 Roast Beef	26 Cold Plate Turkey Salad/ Mango Orzo Salad	27 BBQ Cheeseburger Meatloaf	28 Honey Garlic Glazed Salmon
29 Orange Ginger Chicken Meatballs	30 Hot Hamburger	31 Cold Plate Egg Salad/Carrot & Raisin Salad	1 Chicken Cacciatore	2 Cold Plate Tuna Salad/ Coleslaw	3 Chicken Tikka Masala	4 Salmon Patty with Dill Sauce

**IMPORTANT NOTE: Daily meals can be ordered by calling 519-660-1430 and pressing "1" or visiting the Meals on Wheels website here <https://www.mealsonwheelslondon.ca/daily-meal-order-form>**

# Meals on Wheels London

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

519-660-1430

[www.mowl.ca](http://www.mowl.ca)

[info@mowl.ca](mailto:info@mowl.ca)

## Wheels for Wellness Transportation Service

Our Wheels for Wellness Transportation service is up and running!

Our friendly volunteers take clients to wellness related appointments for a round trip price of \$22.00 (subsidy pricing available)



Monday – Friday from 10:00am – 4:00pm

Wellness appointments can include trips to the doctor, dentist, physiotherapy, blood work, x-rays and much more.

For more information about our transportation service please call 519-660-1430 and press 2.

Thank you for your continued support of Meals on Wheels London and Wheels for Wellness.

### NEW MEAL ALERT!

We have added some new meals in April and May and we are looking for your feedback!

Please let us know how you have been enjoying the following new meals:

- orange ginger meatballs
- BBQ cheeseburger meatloaf
- Chicken Cordon Blue
- Broccoli & Cheddar quiche
- Pineapple BBQ Chicken
- Vegetable Pasta Primavera
- Pepper Steak
- Stuffed Pepper Casserole

Call the office or email [info@mowl.ca](mailto:info@mowl.ca) to let us know how you like any of our meals and your name will be entered into a draw for a free week of meals!

Our office will be closed and no meal will be available for Monday, May 23.

If you would like to order an extra meal for this day please call the office by Wednesday, May 18

Your choices are:

- Vegetable pot pie
- Sole in Lemon sauce
- BBQ Pulled Pork

Call 519-660-1430 or order at [www.mowl.ca](http://www.mowl.ca)

### 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.