

Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

Thank You!

Thank you to all of our clients, families and caregivers for their continued support during the COVID 19 crisis.

We hope that you are all staying safe at home!

Thank you as well to all the people sending in letters and pictures for us to include with our meals!

From all the volunteers and staff at Meals on Wheels London



Transportation Update

Due to the ongoing COVID 19 pandemic our transportation program continues to be suspended. The Meals on Wheels team is working hard to determine when it will be safe for our **Wheels for Wellness** program to start running again. We are surveying our volunteer drivers and clients, as well as listening to the advice of the Health Unit experts to determine how we can start this service up again in a manner that will be safe for everyone. Thank you for your understanding and stay tuned for upcoming announcements regarding this program.



REMINDER...

Cash and Carry frozen meal packages are still available for purchase at our 356 Queen's Av office location. Please call ahead to pre-pay and arrange your pick up time. A great way to have some extra delicious meals on hand!
519-660-1430

We have added some NEW MEALS on our September calendar.



Check out some of our new additions:

****Moroccan Vegetable Stew with cous cous***

****Cuban Beef Stew served with rice and vegetables***

****Creamy Pasta Bake with Italian sausage and vegetables***

****Hunter's Chicken – chicken in a roasted mushroom and bacon sauce***

****Butterfly Shrimp with rice and stir fry vegetables***

We look forward to trying these new additions and we welcome your feedback on our new meals!

519-660-1430

Heating your Daily Meals

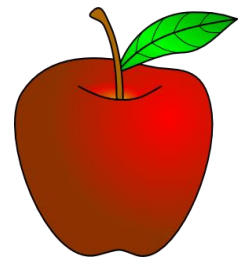
The meal container is suited for both the oven and microwave.

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.

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.

September 2020



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)
30 Shepherd's Pie	31 Sausages in Gravy	1 Cold Plate – Salmon Salad	2 Corned Beef	3 Cold Plate - Asian Chicken Salad with Peanut Dressing	4 Sweet & Sour Chicken	5 Tilapia
6 Moroccan Vegetable Stew	7 CLOSED No meal delivery today	8 Cold Plate – Chicken Salad (delivered Tuesday)	9 Cabbage Rolls	10 Cold Plate – Salmon Cream Cheese Pinwheels	11 Cuban Beef Stew	12 Haddock
13 BBQ Chicken	14 Creamy Pasta Bake with Italian Sausage	15 Cold Plate – Egg Salad	16 Mango Chicken	17 Cold Plate – Turkey Salad	18 Salisbury Steak	19 Salmon
20 Chicken in Mushroom and Bacon Sauce	21 Cheese Manicotti	22 Cold Plate – Ham and Cheddar Pinwheels	23 Pesto Chicken	24 Cold Plate - Southwest Chicken Salad	25 Meatloaf	26 Breaded Sole
27 Roast Pork Loin	28 Pulled Pork	29 Cold Plate – Tuna Salad	30 Roast Beef	1 Cold Plate - Roast Beef Pinwheels	2 Butter Chicken	3 Butterfly Shrimp

IMPORTANT NOTE: Due to the Labour Day Holiday, our office will be closed Monday, Sept. 7. Please call the office to order an extra meal to cover the closure by Wednesday, Sept. 2nd or order online: <http://mealsonwheelslondon.ca/hotmeals>