

February 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)
30 Fajita Beef	31 Cheese Manicotti	1 Cold Plate Southwest Chicken Salad	2 Vegetable Pot Pie	3 Cold Plate Chicken Souvlaki	4 Dijon Roasted Pork	5 Sole with Lemon Butter Sauce
6 Cheesy Beef Macaroni	7 Cabbage Rolls	8 Cold Plate Turkey Salad/Mango Orzo Salad	9 Roast Beef	10 Cold Plate Ham Salad/Potato Salad	11 BBQ Beef Ribbette	12 Honey Garlic Glazed Salmon
13 Chicken Tikka Masala	14 Chicken Cacciatore	15 Cold Plate Egg Salad/Carrot Raisin Salad	16 Sweet & Sour Chicken Meatballs	17 Cold Plate Tuna Salad/ Coleslaw	18 Turkey Pot Pie	19 Salmon Patty with Dill Sauce
20 Hot Hamburger	21 NO MEAL AVAILABLE Office Closed	22 Cold Plate Chicken Salad/ Broccoli Salad	23 Beef Chili	24 Cold Plate Salmon Cream Cheese Pinwheels	25 Ham with Dijon Gravy	26 Multigrain Tilapia
27 Butter Chicken	28 Roasted Chicken with Gravy	1 Cold Plate Salami & Provolone Pinwheels	2 Meatloaf with Gravy	3 Cold Plate Salmon Salad/ Macaroni Salad	4 Fajita Beef	5 Tuna Casserole

**IMPORTANT NOTE: There will be no meal available on Monday, February 21.
Regular meal delivery will resume Tuesday, February 22.**



Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca

Are you Looking for Some Good Conversation?

You're In Good Company by Katie Stewart

Meals on Wheels London is offering Social Calls at no cost to our clients. We have partnered with Katie Stewart and her company "You're in Good Company" to offer social phone calls and conversation!

If you are interested in chatting with Katie, you can sign up by calling the Meals on Wheels office at 519-660-1430 or emailing info@mowl.ca

"With a background in recreation therapy and community development, I want to offer a different social experience that focuses on building meaningful connections through sharing stories, connecting over mutual interests and laughing so hard your cheeks hurt. The way we end loneliness is by supporting older adults to build strong connections, so they can have something to look forward to and someone to count on".
Katie Stewart

ROLL UP SOLUTIONS

Buying a wheelchair does not have to be frustrating or expensive...

Roll Up Solutions is a student-run non-profit that strives to remove social and physical barriers by providing mobility devices that are affordable to all. At Roll Up they collect gently used mobility devices from the community, work with their partners at Goodwill to refurbish them and then sell or donate them to those in financial need.

How Can You Participate?

- donate a mobility device
- make a donation
- call to make a purchase or receive a donation

Please reach out to Roll Up at

www.rollupsolutions.ca

or call:

289-387-3133

NEW MEAL ALERT!

We have two new meals on the menu in February!

Chicken Tikka Masala is made with a creamy tomato, yogurt & onion gravy with mild spicing. Tikka Masala is said to be created in the UK and is considered one of Britain's most loved dishes-Feb. 13

Salmon Patty with dill sauce is a new addition on Feb. 19

Inclement Weather Update...

Please remember to keep your walkways clear of snow and ice so that our volunteers can safely deliver your meals.
Thank you very much!

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.