

# Meals on Wheels London

Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca

## “Out for Lunch Bunch” Group Outing

Join us for a trip out to lunch.  
We arrange transportation with our own Meals on Wheels London volunteers who will pick you up and take you to a pre-determined restaurant to enjoy lunch and companionship! The cost is \$12.00 for the trip, plus your lunch.

Out to  
LUNCH!

### June Lunch Bunch: Four Seasons Restaurant

Wednesday, June 12 OR Friday, June 21  
12:00pm

\*RSVP by May 24th 519-660-1430

## REMINDER...

We are closed  
**Monday May 20<sup>th</sup>**  
for Victoria Day.  
If you would like a meal  
to cover the closure,  
please call the office  
before  
Wednesday, May 15<sup>th</sup>.  
Choices are:

- Cold Plate-Turkey Salad
- Haddock
- Braised Beef

## Updated Pricing – April 1, 2019

<i>Service</i>	<i>Regular</i>	<i>Subsidy 1</i>	<i>Subsidy 2</i>
Daily Meals	8.15	5.25	4.15
Frozen Meals	40.70	33.00	28.00
Frozen Soups	15.60	14.00	12.50
Frozen Desserts	15.60	14.00	12.50
Transportation	22.00	18.00	15.00

Please contact the office at 519-660-1430  
with any questions or concerns.

### We offer Frozen Meal Options

These meals are delivered in  
groups of 7 and are delivered  
once per week.

You choose the meals you  
want!

Soup and Dessert options are  
also available.

Call the office to request a  
Frozen Meal menu or  
see it online 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.

**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 20-35 minutes.

If you want to save your meal for later in the day, please call the office and request your meal be sent chilled.

# May 2019



*To cancel a meal, call the office no later than 11 am the day before your meal delivery*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mango Chicken	2 Lasagna	3 Cold Plate- Egg Salad/ Apple Cole Slaw	4 Lemon Cod
5 Roast Beef	6 Chicken Stir Fry	7 Roast Turkey	8 Spaghetti	9 Meatloaf	10 Cold Plate – Seafood Salad/Macaroni Salad	11 Breaded Sole
12 Chicken Teryaki	13 Pesto Chicken	14 Shepherd’s Pie	15 Coconut Chicken	16 Corned Beef	17 Cold Plate – Turkey Salad/ Mango Orzo Salad	18 Haddock
19 Braised Beef	20 <b>VICTORIA DAY Closed – no meal delivery</b>	21 Ham	22 BBQ Chicken	23 Vegetarian Chili	24 Cold Plate- Tuna Salad/ Black Bean Salad	25 Salmon
26 Grilled Chicken	27 Sweet & Sour Chicken	28 Pork Loin	29 Roast Beef	30 Salisbury Steak	31 Cold Plate – Chicken Salad/ Potato Salad	1 Tilapia

**IMPORTANT NOTE: Due to the Victoria Day Holiday, our office is closed May 20<sup>th</sup>. Please call the office to order an extra meal to cover the closure by Wednesday, May 15<sup>th</sup>. Or order online at <http://mealsonwheelslondon.ca/hotmeals>**

