


MAY 2022- MENU

	MONDAY GOH	TUESDAY LMOW	WEDNESDAY GOH	THURSDAY LMOW	FRIDAY LMOW
May 2-6	2 Sliced Ham with Pineapple Scalloped Potatoes Carrots  Canadian Pea Deli Meat Sandwich 	3 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables  Chicken Noodle Tuna Salad Sandwich 	4 Chicken Marengo Parmesan Rice Steamed Peas  Mulligatawny Egg Salad Sandwich 	4 German Style Beef Roast Potatoes Steamed Corn  Moroccan Chicken Ham & Cheese Sandwich 	5 Sausage & Peppers Spanish Rice w veg Garlic Bread  Goulash Salmon Salad Sandwich 
May 9-13	9 Roast Beef & Yorkshire Pudding Mashed Potatoes Cauliflower  Garden Vegetable Ham & Cheese Sandwich 	10 Hungarian Chicken Stew Butter Noodles Green Beans  Minestrone Egg Salad Sandwich 	11 Meat Sauce Spaghetti Garlic Bread Mixed Vegetables  Beef Barley Tuna Salad Sandwich 	12 Roast chicken w/dressing & gravy Mashed potatoes Carrots/Peas  Chicken Rice Deli Meat Sandwich 	13 Swedish Meatballs Mashed Potatoes Vegetables  Chef Soup Choice Chef Choice sandwich 
May 16-20	16 Lemon Rosemary Roast Chicken Herb Roasted Potatoes Minted Green Peas  Ham & Potato Soup Chicken Salad Sandwich 	17 Beef Stir fry w/Fried Rice Peas  Butternut Squash Soup Egg Salad Sandwich 	18 Baked Lasagna w/ Garlic Toast  Caesar Salad Ham & Cheese Sandwich 	19 Seafood Newburg w/Rice Mixed Vegetables  Vegetable Soup Tuna Salad Sandwich 	20 Beef Stroganoff w/ Noodles Honey Carrots  Coconut Curry Soup Chicken Salad Sandwich 
May 23-27	23 	24 Butter Chicken Rice Steamed Carrots  Tomato Basil Soup Vegetarian Sandwich 	25 Shephards Pie w/ Gravy Dinner Roll Cabbage  Chicken Gumbo Tuna Salad Sandwich 	26 Creamy Chicken Pasta Mixed Veg garlic bread  Tomato Bacon Soup Turkey & Cheese Sandwich 	27 Roast Chicken Roasted Potato Green Beans  Mushroom Barley Soup Egg Sandwich 
May 30-31 June 1-3	30 Sliced Ham with Pineapple Scalloped Potatoes Carrots  Canadian Pea Deli Meat Sandwich 	31 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables  Chicken Noodle Tuna Salad Sandwich 	1 Chicken Marengo Parmesan Rice Steamed Peas  Mulligatawny Egg Salad Sandwich 	2 German Style Beef Roast Potatoes Steamed Corn  Moroccan Chicken Ham & Cheese Sandwich 	3 Sausage & Peppers Spanish Rice w veg Garlic Bread  Goulash Salmon Salad Sandwich 

 Soup of the day  Sandwich of the day  Salad

*Entrees include Soup and Dessert -
Menus maybe subject to change due to availability

Langley Meals on Wheels - 604-533-1679 or info@lmow.ca

lmow.ca