

# LANGLEY MEALS ON WHEELS -MARCH 2023



**Office Hours - Monday - Friday 9:00 - 3:00**

**Next day orders must be placed by 1:00pm the day before**

**604-533-1679**

lmow.ca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 27-28 Mar 1-3	27 <b>Perogies &amp; Sausage</b> Sautéed Onions Vegetables  Soup of the day Tuna Salad Sandwich	28 <b>Meatloaf w/ gravy</b> Mashed Potatoes Seasonal Vegetables  Soup of the day Ham & Cheese Sandwich	01 <b>Roast Chicken</b> Mashed potatoes Steamed Vegetables  Soup of the day Egg Salad Sandwich	02 <b>Frittata w/Bacon</b> Hash Browns Mixed Vegetables ★  <b>Salad of the day</b> Turkey & Cheese Sandwich	03 <b>Pork Loin w/ mushroom gravy</b> Mashed Potatoes Steamed Vegetables  Soup of the day Deli Meat Sandwich
Mar 6-10	06 <b>Sliced Ham w/ pineapple</b> Roasted potatoes Seasonal Vegetables  Soup of the day Tuna Salad Sandwich	07 <b>Gourmet Macaroni &amp; Cheese</b> Bun ★ Steamed Vegetables ★  Soup of the day Ham & Cheese Sandwich	08 <b>Catch of the Day (fish)</b> mashed potatoes ★ Steamed Vegetables ★  <b>Salad of the day</b> Egg Salad Sandwich	09 <b>Greek Chicken</b> Rice ★ Mixed Vegetables ★  Soup of the day Turkey & Cheese Sandwich	10 <b>Beef Stew</b> Potatoes Steamed Vegetables  Soup of the day Vegetarian Sandwich
Mar 13-17	13 <b>Pasta with Meat Sauce</b> bun Steamed Vegetables  Soup of the day Tuna Salad Sandwich	14 <b>Chicken Teriyaki</b> Rice with Vegetables  Soup of the day Ham & Cheese Sandwich	15 <b>Mediterranean Pork Loin</b> Scalloped Potatoes ★ Steamed Vegetables ★  Soup of the day Egg Salad Sandwich	16 <b>Pot Roast w/gravy</b> Mashed Potatoes Mixed Vegetables  Soup of the day Turkey & Cheese Sandwich	17 <b>Swedish meatballs w gravy</b> Mashed potatoes Seasonal Vegetables  <b>Salad of the day</b> Deli Meat Sandwich
Mar 20-24	20 <b>BBQ Chicken</b> Roasted Herb Potatoes Steamed Vegetables  Soup of the day Tuna Salad Sandwich	21 <b>Catch of the Day (fish)</b> Rice ★ Steamed Vegetables ★  Soup of the day Ham & Cheese Sandwich	22 <b>Lasagna Casserole</b> w/bun Seasonal Vegetables  <b>Salad of the day</b> Egg Salad Sandwich	23 <b>Chicken Pot Pie</b> Mashed Potatoes Mixed Vegetables  Soup of the day Turkey & Cheese Sandwich	24 <b>Bangers &amp; Mash</b> Baked Beans  Soup of the day Vegetarian Sandwich
Mar 27-31	27 <b>Perogies &amp; Sausage</b> Sauteed Onions Vegetables  Soup of the day Tuna Salad Sandwich	28 <b>Meatloaf w/ gravy</b> Mashed Potatoes Seasonal Vegetables  Soup of the day Ham & Cheese Sandwich	29 <b>Roast Chicken</b> Mashed potatoes Steamed Vegetables  Soup of the day Egg Salad Sandwich	30 <b>Frittata w/Bacon</b> Hash Browns Mixed Vegetables  <b>Salad of the day</b> Turkey & Cheese Sandwich	31 <b>Pork Loin w/ mushroom gravy</b> Mashed Potatoes Steamed Vegetables  Soup of the day Deli Meat Sandwich

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

★ new menu items

If you require changes to your meal plan or a Frozen Meal for the holiday please call the office.

**604-533-1679**