

LANGLEY MEALS ON WHEELS - MAY 2023




Office Hours - Monday - Friday 9:00 - 3:30

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

604-533-1679

lmow.ca
info@lmow.ca

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 1-5	01 Sliced Ham w/ pineapple Roasted potatoes Seasonal Vegetables Soup of the day Tuna Salad Sandwich	02 Gourmet Macaroni & Cheese w bun Steamed Vegetables Soup of the day Ham & Cheese Sandwich	03 Catch of the Day (fish) mashed potatoes Steamed Vegetables Salad of the day Egg Salad Sandwich	04 Greek Chicken Rice Mixed Vegetables Soup of the day Turkey & Cheese Sandwich	05 Beef Stew Potatoes Steamed Vegetables Soup of the day Vegetarian Sandwich
MAY 8-12	08 Pasta with Meat Sauce bun Steamed Vegetables Soup of the day Tuna Salad Sandwich	09 Chicken Teriyaki Rice with Vegetables Soup of the day Ham & Cheese Sandwich	10 Mediterranean Pork Loin Scalloped Potatoes Steamed Vegetables Soup of the day Egg Salad Sandwich	11 Pot Roast w/gravy Mashed Potatoes Mixed Vegetables Soup of the day Turkey & Cheese Sandwich	12 Swedish meatballs w gravy Mashed potatoes Seasonal Vegetables Salad of the day Deli Meat Sandwich
MAY 15-19	15 BBQ Chicken Roasted Herb Potatoes Steamed Vegetables Soup of the day Tuna Salad Sandwich	16 Butter Prawns  Rice Steamed Vegetables Soup of the day Ham & Cheese Sandwich	17 Lasagna Casserole w/bun Seasonal Vegetables Salad of the day Egg Salad Sandwich	18 Chicken Pot Pie Mashed Potatoes Mixed Vegetables Soup of the day Turkey & Cheese Sandwich	19 Bangers & Mash Baked Beans Soup of the day Vegetarian Sandwich
MAY 22-26	22 	23 Meatloaf w/ gravy Mashed Potatoes Seasonal Vegetables Soup of the day Ham & Cheese Sandwich	24 Roast Chicken Mashed potatoes Steamed Vegetables Soup of the day Egg Salad Sandwich	25 Frittata w/Bacon Hash Browns Mixed Vegetables Salad of the day Turkey & Cheese Sandwich	26 Pork Loin w/ mushroom gravy Mashed Potatoes Steamed Vegetables Soup of the day Vegetarian Sandwich
MAY 29-31 JUNE 1-2	29 Sliced Ham w/ pineapple Roasted potatoes Seasonal Vegetables Soup of the day Tuna Salad Sandwich	30 Gourmet Macaroni & Cheese w bun Steamed Vegetables Soup of the day Ham & Cheese Sandwich	31 Catch of the Day (fish) mashed potatoes Steamed Vegetables Salad of the day Egg Salad Sandwich	New Summer Menu coming for June	



New Menu Item - contains shellfish - if you have an allergy please contact office and substitute item will be sent out

***Entrees include Soup or Salad and Dessert**

***You can add the sandwich with fruit or soup to your order for \$4.00**

- Menus maybe subject to change due to availability

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