

JUNE 2022- MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 30-31 June 1-3	30 Sliced Ham with Pineapple Scalloped Potatoes Steamed Vegetables 🍲 Canadian Pea Tuna Sandwich 🥪	31 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables 🍲 Chicken Noodle Deli Meat Sandwich 🥪	1 Roast Chicken w/gravy Mashed Potatoes Steamed Vegetables 🍲 Goulash Soup Egg Salad Sandwich 🥪	2 Beef Stew Roast Potatoes Steamed Corn 🍲 Moroccan Chicken Ham & Cheese Sandwich 🥪	3 Tomato Herb Pork Rice Mixed Vegetables 🍲 Clam Chowder Soup Salmon Salad Sandwich 🥪
June 6-10	6 Meat Sauce Spaghetti Garlic Bread Mixed Vegetables 🍲 Chicken Rice Tuna Salad Sandwich 🥪	7 Honey Garlic Chicken Rice Steamed Vegetables 🍲 Mushroom Beef Barley Deli Meat Sandwich 🥪	8 Pot Roast w Gravy Mashed Potatoes Steamed Vegetables 🍲 Garden Vegetable Ham & Cheese Sandwich 🥪	9 Hungarian Chicken Stew Butter Noodles Green Beans 🍲 Minestrone Egg Salad Sandwich 🥪	10 Swedish Meatballs Mashed Potatoes Vegetables 🍲 Coldslaw Salad Chef Choice Sandwich 🥪
June 13-17	13 BBQ Chicken Herb Roasted Potatoes Green Peas 🍲 Ham & Potato Soup Chicken Salad Sandwich 🥪	14 Beef Stir fry w/Fried Rice vegetables 🍲 Butternut Squash Soup Egg Salad Sandwich 🥪	15 Baked Lasagna w/ Garlic Toast 🍲 Cucumber Tomato Salad Ham & Cheese Sandwich 🥪	16 Baked Salmon w/Rice Mixed Vegetables 🍲 Vegetable Soup Chicken Salad Sandwich 🥪	17 Beef Stroganoff w/ Noodles Honey Carrots 🍲 Coconut Curry Soup Tuna Salad Sandwich 🥪
June 20-24	20 Shephards Pie w/ Gravy Dinner Roll Steamed Vegetables 🍲 Vegetable Soup Tuna Salad Sandwich 🥪	21 Butter Chicken Rice Steamed Carrots 🍲 Tomato Basil Soup Vegetarian Sandwich 🥪	22 Roast Turkey w/dressing & gravy Mashed Potatoes Green Beans 🍲 Corn Lentil Salmon Salad Sandwich 🥪	23 Crustless Quiche w Bacon Roast Potatoes Mixed Veg 🍲 Cucumber Tomato Salad Turkey & Cheese Sandwich 🥪	24 Pork Chop w/ Mushroom Gravy Roasted Potato Steamed Vegetable 🍲 Tomato Bacon Soup Egg Sandwich 🥪
June 27-30	27 Sliced Ham with Pineapple Scalloped Potatoes Steamed Vegetables 🍲 Canadian Pea Tuna Sandwich 🥪	28 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables 🍲 Chicken Noodle Deli Meat Sandwich 🥪	29 Roast Chicken w/gravy Mashed Potatoes Steamed Vegetables 🍲 Goulash Soup Egg Salad Sandwich 🥪	30 Beef Stew Roast Potatoes Steamed Corn 🍲 Moroccan Chicken Ham & Cheese Sandwich 🥪	Closed July 1st 

🍲 Soup of the day 🥪 Sandwich of the day 🍲 Salad

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

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