

LANGLEY MEALS ON WHEELS - JUNE 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.
NOTE - WE WILL BE CLOSED MONDAY JULY 3RD - HOLIDAY MEALS WILL COME OUT JUNE 26-30**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	01 Greek Chicken Rice Mixed Vegetables Soup of the day Turkey & Cheese Sandwich	02 Braised Beef Potatoes Steamed Vegetables Salad of the day Vegetarian Sandwich
JUNE 5-9	05 Pasta with Meat Sauce bun Steamed Vegetables Soup of the day Tuna Salad Sandwich	06 Chicken Teriyaki Rice with Vegetables Soup of the day Ham & Cheese Sandwich	07 Pulled Pork w/corn bread Roasted Potatoes Steamed Vegetables Salad of the day Egg Salad Sandwich	08 Mexican Fiesta Beef Skillet w/ rice & vegetables Soup of the day Turkey & Cheese Sandwich	09 Swedish meatballs w gravy Mashed potatoes Seasonal Vegetables Salad of the day Deli Meat Sandwich
JUNE 12-16	12 BBQ Chicken Roasted Herb Potatoes Steamed Vegetables Soup of the day Tuna Salad Sandwich	13 Chef's Cold Plate w/ Ham & cheese Salad of the Day Ham & Cheese Sandwich	14 Lasagna Casserole w/bun Seasonal Vegetables Soup of the Day Egg Salad Sandwich	15 Chicken Pot Pie Mashed Potatoes Mixed Vegetables Salad of the Day Turkey & Cheese Sandwich	16 Bangers & Mash Baked Beans Soup of the day Vegetarian Sandwich
JUNE 19-23	19 Perogies & Sausage Sauteed Onions Vegetable Soup of the day Tuna Salad Sandwich	20 Meatloaf w/ gravy Mashed Potatoes Seasonal Vegetables Salad of the Day Ham & Cheese Sandwich	21 Roast Chicken Mashed potatoes Steamed Vegetables Soup of the day Egg Salad Sandwich	22 Frittata w/Bacon Hash Browns Mixed Vegetables Salad of the day Turkey & Cheese Sandwich	23 Pork Loin Roasted Potatoes Steamed Vegetables Soup of the day Deli Meat Sandwich
JUNE 26-30	26 Sliced Ham w/ pineapple Roasted potatoes Seasonal Vegetables Soup of the day Tuna Salad Sandwich	27 Chicken Alfredo Pasta w bun Steamed Vegetables Soup of the day Ham & Cheese Sandwich	28 Chef's Cold Plate w/ Salmon Potato Salad Salad of the day Egg Salad Sandwich	29 Greek Chicken Rice Mixed Vegetables Soup of the day Turkey & Cheese Sandwich	30 Braised Beef Potatoes Steamed Vegetables Salad of the day Vegetarian Sandwich

New Menu Items

*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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