

LANGLEY MEALS ON WHEELS - SEPTEMBER 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

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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 SEPTEMBER 4TH - HOLIDAY MEALS WILL COME OUT AUGUST 28-SEPTEMBER 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUG 28-SEPT 1	28 Pasta with Meat Sauce bun Steamed Vegetables Soup of the day Tuna Salad Sandwich	29 Chicken Teriyaki Rice with Vegetables Soup of the day Ham & Cheese Sandwich	30 Pulled Pork w/corn bread Roasted Potatoes Steamed Vegetables Salad of the day Egg Salad Sandwich	31 Fiesta Beef Skillet w/ rice & vegetables Soup of the day Turkey & Cheese Sandwich	01 Swedish meatballs w gravy Mashed potatoes Seasonal Vegetables Salad of the day Vegetarian Sandwich
SEPT 4-SEPT 8	04  SORRY! WE'RE CLOSED	05  Salsbury Steak w gravy mashed potatoes Steamed Vegetables Salad of the Day Ham & Cheese Sandwich	06 Lasagna Casserole w/bun Seasonal Vegetables Soup of the Day Egg Salad Sandwich	07 Chicken Pot Pie Mashed Potatoes Mixed Vegetables Salad of the Day Turkey & Cheese Sandwich	08 Bangers & Mash Baked Beans Soup of the day Vegetarian Sandwich
SEPT 11-SEPT 15	11 Sliced Ham w/ pineapple Roasted potatoes Seasonal Vegetables Soup of the day Tuna Salad Sandwich	12 Meatloaf w/ gravy Mashed Potatoes Seasonal Vegetables Salad of the Day Ham & Cheese Sandwich	13 Roast Chicken Mashed potatoes Roasted Vegetables Soup of the day Egg Salad Sandwich	14  Scrambled Eggs w/Bacon Hash Browns & Tomatos Salad of the day Turkey & Cheese Sandwich	15  Pork Chops w apple sauce Roasted Potatoes Steamed Vegetables Soup of the day Vegetarian Sandwich
SEPT 18-SEPT 22	18 Perogies & Sausage Sautéed Onions Vegetable Soup of the day Tuna Salad Sandwich	19  Chicken Parmesan w pasta Roasted Vegetables Soup of the day Ham & Cheese Sandwich	20  Seasonal Fish Potatoes Wedges Vegetables Salad of the day Egg Salad Sandwich	21  Vegetable Goulash w Quinia Soup of the day Turkey & Cheese Sandwich	22  Beef Stew Potatoes Steamed Vegetables Salad of the day Vegetarian Sandwich
SEPT 25-SEPT 29	25 Pasta with Meat Sauce bun Steamed Vegetables Soup of the day Tuna Salad Sandwich	26 Chicken Teriyaki Rice with Vegetables Soup of the day Ham & Cheese Sandwich	27 Pulled Pork w/corn bread Roasted Potatoes Steamed Vegetables Soup of the day Egg Salad Sandwich	28  Homemade Chili Bun Vegetables Salad of the day Turkey & Cheese Sandwich	29 Swedish meatballs w gravy Mashed potatoes Seasonal Vegetables Soup of the day Vegetarian Sandwich

*Entrees include Soup or Salad and Dessert

 New Menu Items

*You can add the sandwich with fruit or soup to your order for \$4.00 - Menus maybe subject to change due to availability