LANGLEY MEALS ON WHEELS - FEBRUARY 2025

Office Hours :
Monday - Friday 8:30am - 4pm
Next day orders must be placed by 1:00pm the day before.

NOTE - WE WILL BE CLOSED:
MONDAY FEBRUARY 17TH FOR FAMILY DAY

lmow.ca
info@lmow.ca
604-533-1679

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 27 - 31	27 **Bangers & Mash w/ Veg** Soup of the Day Tuna Salad Sandwich	28 **Chicken Teriyaki w/ Rice & Veg** Soup of the Day Ham & Cheese Sandwich	29 **Lasagna Casserole & Veg** Soup of the Day Egg Salad Sandwich	30 **Ham & Pineapple w/ Potato & Veg** Soup Of the Day Turkey & Cheese Sandwich	31 **Hearty Stew & Veg** Soup of the Day Vegetarian Sandwich
FEB 3 - 7	3 **Pork Chops w/ Scalloped potato & Veg** Soup of the Day Tuna Salad Sandwich	4 **Swedish Meatballs w/ Rice & Veg** Soup of the Day Ham & Cheese Sandwich	5 **Seasonal Fish w/ Rice & Veg** Soup of the Day Egg Salad Sandwich	6 **Bacon Mac & Cheese** Soup Of the Day Turkey & Cheese Sandwich	7 **Chicken Pot Pie w/ Veg** Soup of the Day Vegetarian Sandwich
FEB 10 - 14	10 **Chili w/ Potatoes & Veg** Soup of the Day Tuna Salad Sandwich	11 **BBQ Chicken w/ Rice & Veg** Soup of the Day Ham & Cheese Sandwich	12 **Sheppard's Pie w/ Vegetables** Soup of the Day Egg Salad Sandwich	13 **Chicken Parm w/ Pasta & Veg** Soup of the Day Turkey & Cheese Sandwich	14 **Perogies & Sausage w/ Veg** Soup of the day Vegetarian Sandwich
FEB 17 - 21	17 **SORRY! WE'RE CLOSED**	18 **Pot Roast w/ Gravy Sweet Potato & Veg** Soup of the Day Ham & Cheese Sandwich	19 **Spaghetti w/ Meatsauce** Soup of the Day Egg Salad Sandwich	20 **Fritata w/ Hash & Veg** Soup of the Day Turkey & Cheese Sandwich	21 **Roast Chicken w/ Potato & Veg** Soup of the day Vegetarian Sandwich
FEB 24 - 28	24 **Fajita Chicken w/ Rice & Veg** Soup of the Day Tuna Salad Sandwich	25 **Ham & Pineapple w/ Potato & Veg** Soup of the Day Ham & Cheese Sandwich	26 **Chicken Teriyaki w/ Rice & Veg** Soup of the Day Egg Salad Sandwich	27 **Lasagna Casserole & Veg** Soup Of the Day Turkey & Cheese Sandwich	28 **Hearty Stew & Veg** Soup of the Day Vegetarian Sandwich

Entrees include a complimentary soup.
Add a sandwich to your order for $4. which includes complimentary soup or fruit.

Menus may be subject to change due to availability.