



About Us

Meal Delivery Program - We specialize in providing nourishing meals, made fresh daily, to clients who sign up for our meal delivery service. Meals available from Monday to Friday, we also provide frozen meals for weekends and holidays. We try to meet special dietary needs whenever possible.

Food & Friends Program - Social luncheons for 55+ in locations throughout Langley. Nutritious meals along with speakers, socialization and active involvement in the community.
Food, Fun & Friends.

Boutique Finds - Our upscale ladies thrift store is a treat to search for unique finds. Located next to our office at 20410 Douglas Crescent.

Volunteer Program - We are always looking for community minded individuals to join our team!

Together We Deliver

Meals on Wheels

We Offer

Value

Nutritious, well balanced, low-cost meals

Convenience

Meals are delivered hot and ready to eat. Served in eco friendly packaging.

Quality & Variety

Meals are prepared under the direction of a professional chef. Menu variety as served with a daily, 4 week calendar rotation.

Social Interaction

Volunteers provide friendly social contact with delivery. Also offer a caring safety check-in.

Independence

Meal delivery helps manage daily tasks to support ability to stay in own home longer.

Community Partners



20414 Douglas Crescent
Langley, BC V3A 4B6
604 533 1679
www.lmow.ca info@lmow.ca

Food and Friends



Together we deliver

Caring
for our
Community



20414 Douglas Crescent
Langley BC V3A 4B6
604 533 1679
info@lmow.ca
www.lmow.ca

Food and Friends Program



Seniors (55+) are invited to enjoy social luncheons that include guest speakers, good food and great company.

- Time 11:30 AM – 1:00 PM
- Price varies per location

Locations

Aldergrove - Fox & Hounds Pub

26444 32nd Avenue, Aldergrove
1st & 3rd Monday of the month
RSVP (604) 533 1679

Fox & Hound website www.foxandhound.ca

Aldergrove - Otter Co-Op

3600 248 Street, Aldergrove
2nd Monday of the month
RSVP (604) 607-6923

Otter Co-Op website
www.ottercoop.com

Together We Deliver



Food & Friends

*Various locations
throughout Langley,
visit one or try them all!*

Brookwood - Seniors Centre

19899 36 Avenue, Langley
1st & 3rd Thursday of the month
RSVP (604) 539 8717

Brookwood Seniors website:
www.brookwood.ca

Fort Langley - Parish of St. George

9160 Church Street, Fort Langley
2nd & 4th Wednesdays of the month
RSVP (604) 888-7782

Parish of St. George Church website:
www.stgeorgeanglican.ca

Langley City - Flourishing Chinese Restaurant

20472 Fraser Highway, Langley
2nd & 4th Wednesday of the month
RSVP Through Timms Community
Centre (604) 514-2940

www.flourishingchineserestaurant.ca



- Hot Meals delivered between 11:30 am to 1:00 pm
- Delivery Days - Monday to Friday
- Weekend meals – (frozen) are delivered on Friday

Home Delivery Meals

- Hot, home style meals are made daily with fresh, local ingredients
- menus have been reviewed by a qualified chef and each meal contains up to 75% of daily nutrition requirements. Our meals are low in sodium, sugar and fat, which is acceptable for most dietary restrictions.



Together We Deliver

Call 604 533 1679