



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

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 teams of delivery drivers, Food & Friends and Boutique Finds volunteers.

Together We Deliver

Meals on Wheels

We Offer

Value

Nutritious, well balanced, low-cost meals

Convenience

Meals are delivered ready to eat, eco-friendly packaging

Quality & Variety

Meals are prepared under the direction of a professional chef. Menu is with a 4 week rotation. *See full menu on website*

Social Interaction

Friendly volunteers provide social contact with delivery, along with our caring safety check-in

Independence

Meal delivery helps our clients to stay in their own home longer

Thank you to our Meal Partners



www.lmow.ca

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

Food and Friends



Together we deliver

Caring
for our
Community



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Food and Friends Program



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

Join old Friends, make new friends

Time 11:30 AM – 1:00 PM

Affordable price varies per location

Individual registrations for each location throughout Langley

Watch our website for new locations

www.lmow.ca

Current Locations

Aldergrove -Fox & Hounds Pub

26444 32nd Avenue, Aldergrove

1st & 3rd Monday of the month

RSVP: (604) 533 1679

Fox & Hound - www.foxandhound.ca

Call 604 533 1679

Food & Friends by Langley Meals on Wheels

*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 -

www.stgeorgeanglican.ca

Langley City - Flourishing Chinese Restaurant

20472 Fraser Highway, Langley

2nd & 4th Monday of the month

RSVP: Timms Community Centre (604) 514-

2940

www.flourishingchineserestaurant.ca

Walnut Grove – Ricky's All Day Grill

8720 204 Street, Langley

1st & 3rd Thursday of the month

RSVP: Meals on Wheels office

(604) 533 1679



Home Meal Delivery

- Hot Meals delivered between 11:30 am to 1:00 pm
- Delivery Days - Monday to Friday
- Weekend meals – frozen meals, delivered on Friday
- Affordable Meal pricing provided by Meals on Wheels partnerships with BC Gaming and Fraser Health
- No delivery fees



Hot, home style meals are made fresh daily with local ingredients where possible

Menus are 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.

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