

LANGLEY MEALS ON WHEELS - JULY 2024



Imow.ca

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604-533-1679

Office Hours :

Monday - Friday 9:00am - 3:00pm

Next day orders must be placed by 1:00pm the day before.

NOTE - WE WILL BE CLOSED:

MONDAY, JULY 1ST, FOR CANADA DAY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 1 - 5	1 	2 BBQ Ribs w/ Potato & Veg Soup of the Day Ham & Cheese Sandwich	3 Sweet & Sour Pork w/ Rice & Veg Soup of the Day Egg Salad Sandwich	4 Meatloaf w/ Potatoes & Veg Soup Of the Day Turkey & Cheese Sandwich	5 Bangers & Mash w/ Veg Soup of the Day Vegetarian Sandwich
JULY 8 - 12	8 BBQ Chicken w/ Potato & Veg Soup of the Day Tuna Salad Sandwich	9 Pork w/ Mushroom Gravy Potatoes & Veg Soup of the Day Ham & Cheese Sandwich	10 Beef Stroganoff w/ Bun & Veg Soup of the Day Egg Salad Sandwich	11 Chef's Choice Cold Plate Soup Of the Day Turkey & Cheese Sandwich	12 Creamy Tuscan Bean Skillet Soup of the Day Vegetarian Sandwich
JULY 15 - 19	15 Mac & Cheese w/ Bacon, Bun & Veg Soup of the Day Tuna Salad Sandwich	16 Swedish Meatballs w/ Mash & Veg Soup of the Day Ham & Cheese Sandwich	17 Chicken Teriyaki w/ Rice & Veg Soup of the Day Egg Salad Sandwich	18 Chef's Choice Vegetarian Dish Soup of the Day Turkey & Cheese Sandwich	19 Chicken Pot Pie w/ Veg Salad of the day Vegetarian Sandwich
JULY 22 - 26	22 Mexican Fiesta Beef Skillet Soup of the Day Tuna Salad Sandwich	23 Ham & Cheese Cold Plate Soup of the Day Ham & Cheese Sandwich	24 Seasonal Fish w/ Rice & Veg Soup of the Day Egg Salad Sandwich	25 Sheppard's Pie w/ Vegetables Soup of the Day Turkey & Cheese Sandwich	26 Chicken Parm w/ Pasta & Veg Soup of the day Vegetarian Sandwich
JULY 29 - AUG 2	29 Beef Stirfry w/ Asian Noodles Soup of the day Tuna Salad Sandwich	30 Turkey Meatloaf w/ Potato & Veg Soup of the Day Ham & Cheese Sandwich	31 Pulled Pork w/ Cornbread & Veg Soup of the Day Egg Salad Sandwich	1 BBQ Chicken w/ Potato & Veg Soup of the Day Turkey & Cheese Sandwich	2 Perogies & Sausage w/ Veg Salad of the day Vegetarian Sandwich

Entrees include complimentary soup or salad, plus dessert!

Add a sandwich to your order for \$4. Includes complimentary soup or fruit.

Menus may be subject to change due to availability.