

LANGLEY MEALS ON WHEELS - MAY 2024



Office Hours :

Monday - Friday 9:00am - 4pm

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

NOTE - WE WILL BE CLOSED:


MONDAY, MAY 20TH, FOR VICTORIA DAY



lmow.ca

info@lmow.ca

604-533-1679

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 29TH - MAY 3RD	29 Thai Chicken w/ Rice & Veg Soup of the Day Tuna Salad Sandwich	30 Paprika Pork w/ Baked Potato & Veg Soup of the Day Ham & Cheese Sandwich	1 Beef Stroganoff w/ Bun & Veg Soup of the Day Egg Salad Sandwich	2 Ham & Pineapple w/ Potato & Veg Soup Of the Day Turkey & Cheese Sandwich	3 Ratatouille Veggie Dish Soup of the Day Vegetarian Sandwich
MAY 6TH - 10TH	6 Swedish Meatballs w/ Mash & Veg Soup of the Day Tuna Salad Sandwich	7 Pork Chops w/ Potatoes & Veg Soup of the Day Ham & Cheese Sandwich	8 Chicken Teriyaki w/ Rice & Veg Soup of the Day Egg Salad Sandwich	9 Pot Roast w/ Gravy Potatoes & Veg Soup Of the Day Turkey & Cheese Sandwich	10 Chicken Pot Pie w/ Veg Soup of the Day Vegetarian Sandwich
MAY 13TH-17TH	13 Chicken Broccoli Casserole w/ Potato & Veg Soup of the Day Tuna Salad Sandwich	14 Beef Stew w/ Potato & Veg Soup of the Day Ham & Cheese Sandwich	15 Seasonal Fish w/ Rice & Veg Soup of the Day Egg Salad Sandwich	16 Sheppard's Pie w/ Vegetables Soup of the Day Turkey & Cheese Sandwich	17 Chicken Parm w/ Pasta & Veg Soup of the day Vegetarian Sandwich
MAY 20TH-24TH	20 	21 Roast Chicken w/ Potato & Veg Soup of the Day Ham & Cheese Sandwich	22 Pulled Pork w/ Rice & Veg Soup of the Day Egg Salad Sandwich	23 Chili w/ Potatoes & Veg Soup of the Day Turkey & Cheese Sandwich	24 Spinach Florentine Pasta & Veg Soup of the day Vegetarian Sandwich
MAY 27TH-31ST	27 Chicken Stirfry w/ Asian Noodles Soup of the day Tuna Salad Sandwich	28 Pot Roast w/Gravy Potatoes & Veg Soup of the Day Ham & Cheese Sandwich	29 Sweet & Sour Pork w/ Rice & Veg Soup of the Day Egg Salad Sandwich	30 Meatloaf w/ Potatoes & Veg Soup of the Day Turkey & Cheese Sandwich	31 Bangers & Mash w/ Veg Soup of the day Vegetarian Sandwich

Entrees include your choice of complimentary soup or salad, plus dessert!

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

Menus maybe subject to change due to availability.