

LANGLEY MEALS ON WHEELS - OCTOBER 2024



Imow.ca

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604-533-1679

Office Hours :


Monday - Friday 8:30am - 4:00pm

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

NOTE - WE WILL BE CLOSED:

MONDAY, OCTOBER 14, FOR THANKSGIVING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 7 - 11	7 Bangers & Mash w/ Veg Soup of the Day Tuna Salad Sandwich	8 Chicken Teriyaki w/ Rice & Veg Soup of the Day Ham & Cheese Sandwich	9 Spaghetti & Meatsauce Soup of the Day Egg Salad Sandwich	10 Ham & Pineapple w/ Potato & Veg Soup Of the Day Turkey & Cheese Sandwich	11 Hearty Stew w/ Bun Soup of the Day Vegetarian Sandwich
OCT 14 - 19	14  Soup of the Day Tuna Salad Sandwich	15 Swedish Meatballs w/ Potato & Veg Soup of the Day Ham & Cheese Sandwich	16 Seasonal Fish w/ Rice & Veg Soup of the Day Egg Salad Sandwich	17 Pasta Primavera w/ Bun Soup Of the Day Turkey & Cheese Sandwich	18 Chicken Pot Pie w/ Veg Soup of the Day Vegetarian Sandwich
OCT 21 - 25	21 Chili w/ Potatoes & Veg Soup of the Day Tuna Salad Sandwich	22 BBQ Chicken w/ Rice & Veg Soup of the Day Ham & Cheese Sandwich	23 Sheppard's Pie w/ Vegetables Soup of the Day Egg Salad Sandwich	24 Bacon Mac & Cheese Soup of the Day Turkey & Cheese Sandwich	25 Turkey Dinner w/ Mash & Veg Soup of the day Vegetarian Sandwich
OCT 28 - NOV 1	28 Roast Chicken w/ Potato & Veg Soup of the Day Tuna Salad Sandwich	29 Sweet & Sour Pork w/ Rice & Veg Soup of the Day Ham & Cheese Sandwich	30 Turkey Meatloaf w/ Potatoes & Veg Soup of the Day Egg Salad Sandwich	31 Frittata w/ Hash & Veg Soup of the Day Turkey & Cheese Sandwich	1 Pot Roast w/Gravy Potatoes & Veg Soup of the day Vegetarian Sandwich
NOV 4 - 8	4 Bangers & Mash w/ Veg Soup of the day Tuna Salad Sandwich	5 Chicken Teriyaki w/ Rice & Veg Soup of the Day Ham & Cheese Sandwich	6 Spaghetti & Meatsauce Soup of the Day Egg Salad Sandwich	7 Ham & Pineapple w/ Potato & Veg Soup of the Day Turkey & Cheese Sandwich	8 Hearty Stew w/ Bun Soup of the day Vegetarian Sandwich

Entrees include a complimentary soup.

Add a sandwich to your order for \$4.00 - includes complimentary soup or fruit.

Menus may be subject to change due to availability.