

Week 1
<u>Mar 3 - 7</u>
<u>Mar 31 - Apr 4</u>
<u>April 28 - May 2</u>
<u>May 26 - 30</u>

Monday
Bangers & Mash w/ Veg
Tuna Salad Sandwich
Frozen Meal

Tuesday
Chicken Teriyaki w/ Rice & Veg
Deli Meat & Cheese Sandwich
Frozen Meal

Wednesday
Lasagna Casserole w/ Veg
Egg Salad Sandwich
Frozen Meal

Thursday
Ham & Pineapple w/ Potato & Veg
Roast Beef Sandwich
Frozen Meal

Friday
Cobb Salad
Vegetarian Sandwich
Frozen Meal

Week 2
<u>Mar 10 - 14</u>
<u>April 7 - 11</u>
<u>May 5 - 9</u>

Monday
Pork Chop w/ Scalloped Pot & Veg
Tuna Salad Sandwich
Frozen Meal

Tuesday
Deconstructed Cabbage Roll & Veg
Deli Meat & Cheese Sandwich
Frozen Meal

Wednesday
Battered Fish w/ potato & veg
Egg Salad Sandwich
Frozen Meal

Thursday
Bacon Mac & Cheese
Roast Beef Sandwich
Frozen Meal

Friday
Chicken Pot Pie & Veg
Vegetarian Sandwich
Frozen Meal

Week 3
<u>Mar 17 - 21</u>
<u>April 14 - 18</u>
<u>May 12 - 16</u>

Monday
Lasagna Casserole
Tuna Salad Sandwich
Frozen Meal

Tuesday
BBQ Chicken w/ Rice & Veg
Deli Meat & Cheese Sandwich
Frozen Meal

Wednesday
Shepards Pie & Veg
Egg Salad Sandwich
Frozen Meal

Thursday
Chicken Parm w/ Pasta & Veg
Roast Beef Sandwich
Frozen Meal

Friday
Perogies & Sausage w/ Veg
Vegetarian Sandwich
Frozen Meal

Week 4
<u>Mar 24 - 28</u>
<u>April 21 - 25</u>
<u>May 19 - 23</u>

Monday
Fajita Chicken w/ Rice & Veg
Tuna Salad Sandwich
Frozen Meal

Tuesday
Ham & Pineapple w/ Potato & Veg
Deli Meat & Cheese Sandwich
Frozen Meal

Wednesday
Chicken Pesto Pasta w/ Veg
Egg Salad Sandwich
Frozen Meal

Thursday
French Onion Meatloaf w/ Pot & Veg
Roast Beef Sandwich
Frozen Meal

Friday
Vegetable Stirfry w/ Asian Noodles
Vegetarian Sandwich
Frozen Meal

Sandwich Preferences:

- White Bread with Soup
- Brown Bread with Soup
- White Bread with Fruit
- Brown Bread with Fruit

Dessert Selection:

- Monday - Pudding
- Tuesday - Cookie
- Wednesday - Chocolate Cake
- Thursday - Carrot Cake
- Friday - Jello

Soup Option:

- I would like soup with my hot meal
- I would NOT like soup with my hot meal

Menus may be subject to change due to availability



Office Hours :

Monday - Friday 8:30am - 4pm

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

New Spring Menu

Dear valued client,

We are pleased to present our new spring menu located on the back of this page. This menu will rotate for 3 months from March 1 - May 31

If you are currently on a reoccurring meal plan (ie: You get a meal every day or on set days). Please select applicable options at the bottom of the menu only.

If you order month by month, please circle all applicable items on the calendar and check all applicable options at the bottom of the menu.

If you require assistance or have any questions, please call our office @ 604-533-1679

Important Information:

We will be closed:

Friday April 18

Monday April 21

Monday May 19

*If you require a frozen meal
for any of our closure dates,
please call our office.*



www.lmow.ca



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