

# LANGLEY MEALS ON WHEELS - MARCH 2024



Office Hours - Monday - Friday 9:00 - 3:30

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



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**NOTE - WE WILL BE CLOSED FRIDAY, MARCH 29TH FOR GOOD FRIDAY**

**HOLIDAY MEALS WILL COME OUT FEBRUARY 12 - 16TH -PLEASE LET THE OFFICE KNOW IF YOU REQUIRE AN EXTRA FROZEN MEAL FOR THE WEEKEND.**

|             | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-------------|--|---|---|--|---|
| FEB 26-MAR1 | 26 Tuna Noodle Casserole<br>bun<br>Steamed Vegetables<br>Soup of the day<br>Tuna Salad Sandwich    | 27 Thai Chicken Rice<br><br>Soup of the Day<br>Ham & Cheese Sandwich                            | 28 Chicken Teriyaki<br>Rice<br>with Vegetables<br><br>Soup of the Day<br>Egg Salad Sandwich | 29 Pot Roast w gravy<br>Mashed Potatoes<br>Mixed Vegetables<br><br>Soup Of the Day<br>Turkey & Cheese Sandwich | 1 Pork Chops w apple<br>sauce<br>Roasted Potatoes<br>Steamed Vegetables<br>Soup of the day<br>Vegetarian Sandwich |
| MAR 4-8     | 4 Chicken Broccoli<br>Casserole with<br>Steamed Potatoes<br>Soup of the day<br>Tuna Salad Sandwich | 5 Chicken Parmesan<br>w pasta<br>Roasted Vegetables<br>Soup of the Day<br>Ham & Cheese Sandwich | 6 Seasonal Fish<br>Potatoes Wedges<br>Vegetables<br>Soup of the Day<br>Egg Salad Sandwich   | 7 Sheppard's Pie with<br>Vegetables<br><br>Soup Of the Day<br>Turkey & Cheese Sandwich                         | 8 Beef Stew<br>Potatoes<br>Steamed Vegetables<br>Soup of the day<br>Vegetarian Sandwich                           |
| MAR 11-15   | 11 Pasta with Meat Sauce<br>bun<br><br>Soup of the day<br>Tuna Salad Sandwich                      | 12 Roast Chicken<br>and Potates<br><br>Soup of the Day<br>Ham & Cheese Sandwich                 | 13 Pulled Pork and Potatoes<br><br><br>Soup of the Day<br>Egg Salad Sandwich                | 14 Homemade Chili<br>and Potatoes<br><br>Soup of the Day<br>Turkey & Cheese Sandwich                           | 15 Spinach Florentine<br>Pasta<br><br>Soup of the day<br>Vegetarian Sandwich                                      |
| MAR 18-22   | 18 Chicken Stirfy and Potato<br><br><br>Soup of the day<br>Tuna Salad Sandwich                     | 19 Pot Roast w gravy<br>Potatoes<br><br>Soup of the Day<br>Ham & Cheese Sandwich                | 20 Harvest Pork Stew<br><br><br>Soup of the Day<br>Egg Salad Sandwich                       | 21 Meatloaf and Potato<br><br><br>Soup of the Day<br>Turkey & Cheese Sandwich                                  | 22 Bangers and Mash<br><br><br>Soup of the day<br>Vegetarian Sandwich   |
| MAR 25-29   | 25 Thai Chicken Rice<br><br><br>Soup of the day<br>Tuna Salad Sandwich                             | 26 Paprika Pork and Bake<br>Potato<br><br>Soup of the Day<br>Ham & Cheese Sandwich              | 27 Beef Stroganoff & Bun<br><br><br>Soup of the Day<br>Egg Salad Sandwich                   | 28 Ham & Pinapple and<br>Potato<br>Soup of the Day<br>Turkey & Cheese Sandwich                                 | 29  |

\*Entrees include Soup or Salad and Dessert

\*You can add the sandwich with fruit or soup to your order for \$4.00 - Menus maybe subject to change due to availability