

















EDMONTON MEALS ON WHEELS ANTICIPATED MENU: DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 30 	DECEMBER 31 	JANUARY 1 				DECEMBER 1 
CHEF'S CHOICE SOUP BBQ CHICKEN HAM SALAD SANDWICH	OFFICE CLOSED CREAM OF VEGETABLE SOUP TURKEY POT PIE CHEESE SANDWICH	OFFICE CLOSED HEARTY HAMBURGER SOUP SPAGHETTI & MEATBALLS SALAMI SANDWICH	← DELIVERED DECEMBER 28	WE ARE CLOSED DECEMBER 24th, 25th 26th, 31st AND JANUARY 1. IF YOU REQUIRE A MEAL FOR THESE DAYS PLEASE CALL THE OFFICE BY DECEMBER 10	YOUR MEAL MAY CONTAIN ALTERNATIVES DEPENDING ON YOUR DIET RESTRICTIONS	MINESTRONE SALISBURY STEAK MEATLOAF SANDWICH ON A BUN
DECEMBER 2 	DECEMBER 3	DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8 
TURKEY & WILD RICE SOUP PEROGIES & CABBAGE ROLLS SHAVED CHICKEN SANDWICH	BEEF TUSCAN SOUP CHICKEN PARMESAN ITALIAN MEAT & CHEESE SANDWICH ON FOCACCIA BREAD	AUTUMN WILD RICE SOUP PORK CHOPS WITH WILD MUSHROOM & SAGE BBQ ALBERTA BEEF SANDWICH ON A BUN	CURRIED PUMPKIN SOUP MAPLE GLAZED SALMON REUBEN SANDWICH ON MARBLE RYE	SPLIT PEA & HAM SOUP FRENCH CANADIAN MEAT PIE & GRAVY EGG SALAD SANDWICH ON A CROISSANT	SAUSAGE APPLE FENNEL SOUP BEEF ROULADEN TUNA SALAD SANDWICH	BEEF BARLEY SOUP SPAGHETTI & MEATBALLS HAM & LETTUCE SANDWICH
DECEMBER 9 	DECEMBER 10	DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15 
POTATO DILL SOUP BBQ PORK RIBLET CHICKEN SALAD SANDWICH	BUTTERNUT SQUASH SOUP STUFFED SOLE WITH LEMON CREAM SAUCE BLACK FOREST HAM SANDWICH ON A CROISSANT	ITALIAN WEDDING SOUP SPINACH & CHEESE CANNELLONI & MARINARA SAUCE CREAM CHEESE & VEGGIE SANDWICH	FRENCH ONION SOUP ROAST SIRLOIN WITH RED WINE JUS & YORKSHIRE PUDDING CHICKEN CAESAR WRAP	BEAN & BACON SOUP STUFFED PORK LOIN WITH APPLE ORANGE SAUCE GRILLED CHEESE & BACON SANDWICH	BACON TOMATO BISQUE SOUP WITH GRILLED CHEESE CROUTONS CHICKEN CORDON BLEU & DIJON CREAM SAUCE PASTRAMI SANDWICH	BEEF TUSCAN SOUP MACARONI & CHEESE SALAMI SANDWICH
DECEMBER 16 	DECEMBER 17	DECEMBER 18	DECEMBER 19	DECEMBER 20	DECEMBER 21	DECEMBER 22 
CHICKEN MULLIGATAWNY SOUP PESTO SALMON ROAST BEEF SANDWICH	WEST COAST FISH CHOWDER SOUP CHEESY BEEF LASAGNA ROLL & MARINARA SAUCE EGG SALAD SANDWICH ON A CIABATTA BUN	CREAM OF BROCCOLI CHEDDAR SOUP GINGER ORANGE GLAZED CHICKEN HUMMUS & VEGETABLE SANDWICH	CARROT GINGER SOUP ROAST TURKEY & STUFFING WITH GRAVY ROAST BEEF SANDWICH	WILD MUSHROOM & BARLEY SOUP ROAST LEG OF LAMB WITH MINT GRAVY GRILLED SLICED CHICKEN & BRIE CHEESE SANDWICH	LOADED BAKED POTATO SOUP GRILLED STEAK WITH MUSHROOM & ONION JUS TURKEY SANDWICH ON A CIABATTA BUN	SPLIT PEA & HAM SOUP BUTTER CHICKEN HAM, LETTUCE & TOMATO SANDWICH
DECEMBER 23 	DECEMBER 24 	DECEMBER 25 	DECEMBER 26 	DECEMBER 27	DECEMBER 28	DECEMBER 29 
AUTUMN WILD RICE SOUP ROAST PORK & GRAVY SALMON SALAD SANDWICH	OFFICE CLOSED COUNTRY VEGETABLE SOUP BEEF STEW PIZZA SUB SANDWICH	OFFICE CLOSED SPLIT PEA & HAM SOUP TURKEY DINNER HAM & CHEESE SANDWICH ON A BUN	OFFICE CLOSED CHEF'S CHOICE SOUP ROSEMARY CHICKEN TURKEY SANDWICH	STEAK & POTATO SOUP HAM & CRANBERRY APRICOT SAUCE TUNA SANDWICH	CHEF'S CHOICE SOUP CHICKEN DIJON CORNED BEEF SANDWICH	CARROT GINGER SOUP COD & DILL SAUCE MEATLOAF SANDWICH

 Indicates meals are frozen. This menu may change without notice. **OUR OFFICE WILL BE CLOSED ON DEC. 24, 25 & 26, 31, as well as January 1. If you require a meal for these days please call the office by December 10th.**