

FROZEN MENU

TO ORDER: call 780-429-2020

visit: mealsonwheeledmonton.org

email: emow@mealsonwheeledmonton.org

*items and prices subject to change

beef



Classic Meatloaf with mushroom gravy, mashed sweet potatoes, and peas	\$6.00
Shepherd's Pie with carrots and peas	\$6.00
Salisbury Steak with gravy, sauteed onions, roasted potatoes, and cauliflower	\$6.00
Lasagna with cauliflower and french beans	\$6.00
Spaghetti and Meatballs with carrots and corn	\$6.00
Ukrainian Duo of perogies, a cabbage roll, and dilled beets	\$6.00
Beef Stew with mashed potatoes and corn	\$6.00
Beef Stir-fry Bowl with mixed peppers	\$6.00
Savoury Meat Pie with roasted root vegetables, mashed potatoes, and gravy	\$6.00
Roast Beef with gravy, garlic mashed potatoes, and carrot-turnip mash	\$6.00
Spicy Beef Stew with rice, carrots, and turnips HALAL	\$7.00

pork



Roasted Pork Loin with gravy, apple stuffing, roasted sweet potatoes, and broccoli	\$6.00
Ham with Cranberry Apricot Sauce with scalloped potatoes and brussels sprouts topped with caramelized onion	\$6.00
BBQ Pork Riblets with potato wedges and green beans	\$6.00
Bratwurst with sauerkraut, braised cabbage, and fried potatoes	\$6.00

poultry



Mushroom Chicken with mashed potatoes and sunrise vegetables	\$6.00
Roasted Chicken with Gravy and cheesy potatoes, peas, and red pepper	\$6.00
Fresh Herb Baked Chicken Thighs with yellow rice and cauliflower	\$6.00
Rosemary Chicken with roasted potatoes and carrot-turnip mash	\$6.00
Chicken Stir-fry Bowl with mixed peppers	\$6.00
Roasted Turkey with gravy, stuffing, mashed potatoes, peas, and pearl onions	\$6.00
Chicken Cordon Bleu with garlic mashed potatoes and PEI mix vegetables	\$6.00
Butter Chicken Bowl with broccoli	\$6.00
Turkey Pot Pie	\$6.00
Sweet Curry Chicken HALAL	\$7.00

seafood



Cod with Dill Sauce with rice pilaf and peas and carrots	\$6.00
Pesto Salmon with rice and broccoli	\$6.00
Pesto Shrimp Linguine Bowl	\$6.00
Crab-topped Salmon with carrots, peas, and pearl onions	\$6.00

variety pack

5-Meal Variety Pack with 5 entrées including best sellers and new options.	\$30.00
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veggie



Mushroom and Tomato Curry with yellow rice and lentil stew VEGETARIAN	\$5.50
Chickpea and Tomato Curry with yellow rice and broccoli VEGAN	\$5.50
Sweet Corn and Spinach Casserole with yellow rice and lentil stew VEGAN	\$5.50
Vegetable Stew HALAL VEGAN	\$6.00
Curried Lentil Casserole HALAL VEGAN	\$6.00
Split Pea Casserole HALAL VEGAN	\$6.00
Chickpea and Ginger Casserole HALAL VEGAN	\$6.00

soup



Beef and Barley	\$2.25
Cheeseburger	\$2.25
Borscht VEGAN	\$2.25
Chicken Noodle	\$2.25
Country Vegetable VEGETARIAN	\$2.25
Cream of Broccoli VEGETARIAN	\$2.25
Tomato Pesto VEGETARIAN	\$2.25
Split Pea and Ham	\$2.25
Ginger Carrot VEGETARIAN	\$2.25

breakfast



Bacon, Egg, and Cheese on an English muffin	\$3.75
Pancakes with sausages and hash browns	\$6.00
Baked Omelette with hash browns, bacon, and red peppers	\$6.00

extras



Lentil Stew (Dahl) VEGAN	\$3.00
Beef Gravy	\$1.00
Turkey Gravy	\$1.00
Chocolate Ensure® Protein Plus	\$1.50
Strawberry Ensure® Protein Plus	\$1.50
Vanilla Ensure® Protein Plus	\$1.50
Wild Berry Glucerna® DIABETIC	\$1.75
Baked Potato Casserole with cheese and bacon	\$2.00
Yorkshire Pudding	2 for \$1.50

sweets



Banana Muffin DIABETIC	\$0.95
Blueberry Muffin DIABETIC	\$0.95
Carrot Muffin DIABETIC	\$0.95
Raisin Bran Muffin DIABETIC	\$0.95
Nanaimo Bar	\$1.00
Strawberry Cream Cake	\$2.25
Triple Chocolate Cake	\$2.25
Chocolate Chip Cookie DIABETIC	\$5.00/ dozen
Oatmeal Raisin Cookie DIABETIC	\$5.00/ dozen

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Gluten free options are available. Call to inquire.