

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	\$5.00
Shepherd's Pie with carrots and peas	\$5.00
Salisbury Steak with gravy, sauteed onions, roasted potatoes and cauliflower	\$5.00
Lasagna with cauliflower and french beans	\$5.00
Spaghetti and Meatballs with carrots and corn	\$5.00
Ukranian Duo of perogies, cabbage roll, peas and carrots	\$5.00
Beef Stew with mashed potatoes and corn	\$5.50
Beef Stir-fry Bowl with mixed peppers	\$5.50
Savoury Meat Pie with roasted root vegetables and mashed potatoes and gravy	\$6.00
Roast Beef with gravy, garlic mashed potatoes and carrot-turnip combo	\$6.00
Spicy Beef Stew with rice, carrots and turnips HALAL	\$7.00

poultry



Mushroom Chicken with mashed potatoes and sunrise vegetables	\$5.00
BBQ Chicken with cornbread muffin and peas	\$5.00
Fresh Herb Baked Chicken Thighs with yellow rice and cauliflower	\$5.50
Rosemary Chicken with roasted potatoes and mashed carrot- turnip	\$5.50
Chicken Stir-fry Bowl with mixed peppers	\$5.50
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
Sweet Curry Chicken HALAL	\$7.00

seafood



Cod with Dill Sauce with rice pilaf and peas and carrots	\$5.00
Pesto Salmon with rice and broccoli	\$5.50
Pesto Shrimp Linguine Bowl	\$5.50
Crab-topped Salmon with carrots, peas and pearl onions	\$6.00

pork



Roasted Pork Loin with gravy, apple stuffing, roasted sweet potatoes and broccoli	\$5.50
Ham with Cranberry Apricot Sauce with scalloped potatoes and green beans	\$5.50
BBQ Pork Ribs with potato wedges and green beans	\$5.50
Sweet and Sour Pork Bowl	\$5.50

veggie



Mac 'n' Cheese Bowl with broccoli	\$5.00
Mushroom do Pyaza mushroom, onion, and tomato curry with yellow rice and lentil stew VEGETARIAN	\$5.50
Chana Masala Bowl curried chickpeas in tomato Indian sauce with yellow rice and broccoli VEGAN	\$5.50
Palak Makai spinach and sweet corn 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 & Ginger Casserole HALAL VEGAN	\$6.00

soup



Beef and Barley	\$2.00
Beef and Vegetable	\$2.00
Borscht VEGAN	\$2.00
Chicken Noodle	\$2.00
Country Vegetable VEGETARIAN	\$2.00
Cream of Broccoli VEGETARIAN	\$2.00
Cream of Mushroom VEGETARIAN	\$2.00
Split Pea and Ham	\$2.00
Ginger Carrot VEGETARIAN	\$2.00

breakfast



Bacon, Egg & Cheese on an English muffin	\$3.50
Pancakes with sausages and hash browns	\$5.00
Baked Omelette with hash browns and red peppers	\$5.50

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)	\$1.50
Baked Potato Casserole with cheese and bacon	\$2.00

sweets



Banana Muffin DIABETIC	\$0.95
Blueberry Muffin DIABETIC	\$0.95
Carrot Muffin DIABETIC	\$0.95
Raisin Bran Muffin DIABETIC	\$0.95
Date Square	\$0.95
Nanaimo Bar	\$0.95
Strawberry Cream Cake	\$2.00
Triple Chocolate Cake	\$2.00
Chocolate Chip Cookie DIABETIC	\$5.00/ dozen
Oatmeal Raisin Cookie DIABETIC	\$5.00/ dozen

sampler pack

5-Meal Sampler Pack with Mushroom Chicken, Roasted Pork Loin, Lasagna, Meatloaf, and Beef Stew	\$23.00
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Gluten free options are available. Call to inquire.