












EDMONTON MEALS ON WHEELS ANTICIPATED MENU: MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 31 					MARCH 1	MARCH 2 
POTATO LEEK SOUP COD & TARTAR SAUCE VEGGIE & CREAM CHEESE SANDWICH	← DELIVERED MARCH 29	Edmonton Meals on Wheels 11111 103 AVE Edmonton, AB T5K 2P1 Office Hours: Mon-Fri: 8 am to 3 pm 780-429-2020	YOUR MEAL MAY CONTAIN ALTERNATIVES DEPENDING ON YOUR DIET RESTRICTIONS		BAKED POTATO SOUP BASA & MANGO CHUTNEY CHEESE STEAK SANDWICH	BEEF BARLEY SOUP CHEF'S CHOICE MEAL TURKEY & LETTUCE SANDWICH
MARCH 3 	MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8	MARCH 9 
CHEF'S CHOICE SOUP ROAST PORK CHICKEN SALAD SANDWICH	MULLIGATAWNY SOUP TURKEY STEW & DUMPLINGS HAM & CHEESE SANDWICH	CHICKEN NOODLE SOUP SALISBURY STEAK & GRAVY BOLOGNA SANDWICH	CORN CHOWDER SOUP FISH CAKES & RED PEPPER SAUCE CHICKEN PESTO SANDWICH	FRENCH ONION SOUP PORK CHOP & GRAVY SEAFOOD SALAD SANDWICH	CREAM OF GREEN PEA SOUP COCONUT CHICKEN ROAST BEEF SANDWICH	CHEF'S CHOICE SOUP WHITE FISH & PESTO SAUCE SALAMI SANDWICH
MARCH 10 	MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15	MARCH 16 
SPLIT PEA & HAM SOUP SPAGHETTI & MEATBALLS TURKEY & LETTUCE SANDWICH	VEGETABLE SOUP ROAST PORK & ROSEMARY GRAVY PASTRAMI SANDWICH	CHEF'S CHOICE SOUP OVEN FRIED COD & TARTAR SAUCE EGG SALAD SANDWICH	CREAM OF TOMATO SOUP GERMAN BRAISED BEEF & GRAVY GRILLED CHEESE SANDWICH	POTATO LEEK SOUP SWEET & SOUR CHICKEN HAM SALAD SANDWICH	CREAM OF CAULIFLOWER SOUP MEATLOAF & ONION GRAVY CHICKEN CAESAR SANDWICH	DILL PICKLE SOUP ROSEMARY CHICKEN TURKEY & LETTUCE SANDWICH
MARCH 17 	MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22	MARCH 23 
BAKED POTATO SOUP IRISH STEW CREAM CHEESE & VEGGIE SANDWICH	BEEF NOODLE SOUP CHICKEN CACCIATORE BOLOGNA SANDWICH	TOMATO MACARONI SOUP BAKED HADDOCK & DILL SAUCE CHICKEN SALAD SANDWICH	GREEK LEMON CHICKEN SOUP BEEF STUFFED PEPPERS WITH CHEESE ITALIAN SUB SANDWICH	CREAM OF BROCCOLI SOUP 3 CHEESE TORTELLINI & MARANARA SAUCE GRILLED TURKEY & SWISS SANDWICH	TACO SOUP GLAZED HAM MEATLOAF SANDWICH	CHEF'S CHOICE SOUP SALISBURY STEAK ROAST BEEF SANDWICH
MARCH 24 	MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29	MARCH 30 
CHICKEN NOODLE SOUP SPAGHETTI & MEATSAUCE TUNA SALAD SANDWICH	CREAM OF VEGETABLE SOUP ROAST PORK & GRAVY TURKEY & LETTUCE SANDWICH	SPLIT PEA & HAM SOUP CHICKEN MARSALA BOLOGNA SANDWICH	CHICKEN RICE SOUP POT ROAST EGG SALAD SANDWICH	BEEF BARLEY SOUP CREAMY PARMESAN FISH PESTO CHICKEN MELT SANDWICH	FISH CHOWDER SOUP TURKEY POT PIE GRILLED CUBAN SANDWICH	VEGETABLE SOUP SWEET & SOUR CHICKEN PULLED PORK SANDWICH

 Indicates meals are frozen. Saturday and Sunday meals are delivered frozen on Friday. This menu may change without notice.
Your meal may contain alternatives depending on your diet restrictions.