


**EDMONTON MEALS ON WHEELS ANTICIPATED MENU: MAY 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY. 1	MAY. 2	MAY. 3	MAY. 4
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		MUSHROOM BARLEY SOUP <b>BRAISED BEEF</b> SALAD: CHEF	CREAM OF BROCCOLI SOUP <b>4 CHEESE LASAGNA</b> MEATLOAF SANDWICH	TACO SOUP <b>HAM LOAF &amp; CRANBERRY APRICOT SAUCE</b> GRILLED TURKEY & SWISS SANDWICH	NAVY BEAN SOUP <b>SALISBURY STEAK</b> TUNA SALAD SANDWICH
MAY. 5	MAY. 6	MAY. 7	MAY. 8	MAY. 9	MAY. 10	MAY. 11
CHICKEN NOODLE SOUP <b>SWEET &amp; SOUR PORK PATTIES</b> ROAST BEEF SANDWICH	MULLIGATAWNY SOUP <b>SAUSAGE JAMBALAYA</b> HAM & CHEESE SANDWICH	CHICKEN RICE SOUP <b>SWISS STEAK &amp; GRAVY</b> BOLOGNA SANDWICH	CORN CHOWDER SOUP <b>GRILLED TERIYAKI SALMON</b> CHICKEN PESTO SANDWICH	FRENCH ONION SOUP <b>PORK CHOP &amp; GRAVY</b> SALAD: EGG SALAD ON GREENS	CREAM OF GREEN PEA SOUP <b>ROAST BEEF &amp; YORKSHIRE PUDDING</b> SEAFOOD SALAD SANDWICH	CHEF'S CHOICE SOUP <b>CHICKEN CACCIATORE</b> SALAD: CHEF
MAY. 12	MAY. 13	MAY. 14	MAY. 15	MAY. 16	MAY. 17	MAY. 18
POTATO SAUSAGE SOUP <b>BEEF STUFFED PEPPERS</b> CHICKEN SALAD SANDWICH	VEGETABLE SOUP <b>ROAST PORK &amp; ROSEMARY GRAVY</b> PASTRAMI SANDWICH	STEAK & POTATO SOUP <b>CHEESEBURGER</b> EGG SALAD SANDWICH	TOMATO PESTO SOUP <b>GRILLED SMOKIES &amp; ONIONS</b> SALAD: TUNA	POTATO LEEK & BACON SOUP <b>OVEN FRIED CHICKEN THIGHS</b> HAM SANDWICH	CREAM OF CAULIFLOWER SOUP <b>PANCAKES, SAUSAGE &amp; SCRAMBLED EGGS</b> GRILLED PATTY MELT SANDWICH	BEEF NOODLE SOUP <b>HAM LOAF &amp; CRANBERRY APRICOT SAUCE</b> CHEESE SANDWICH
MAY. 19	MAY. 20	MAY. 21	MAY. 22	MAY. 23	MAY. 24	MAY. 25
CORN CHOWDER SOUP <b>BRAISED BEEF</b> VEGGIE SPREAD SANDWICH	<b>OFFICE CLOSED</b> TACO SOUP <b>GRILLED BBQ CHICKEN BREAST WITH PEPPERS &amp; ONIONS</b> BOLOGNA SANDWICH	TOMATO MACARONI SOUP <b>BAKED HADDOCK &amp; DILL SAUCE</b> CHICKEN SALAD SANDWICH	NAVY BEAN & HAM SOUP <b>MEATLOAF &amp; GRAVY</b> GRILLED VEGGIE & GOAT CHEESE SANDWICH	CREAM OF BROCCOLI SOUP <b>PASTA ALFREDO</b> GRILLED TURKEY & SWISS SANDWICH	CHEESEBURGER SOUP <b>GRILLED HAM STEAK &amp; PINEAPPLE SAUCE</b> PASTRAMI SANDWICH	STEAK & POTATO SOUP <b>SAUSAGE JAMBALAYA</b> MEATLOAF SANDWICH
MAY. 26	MAY. 27	MAY. 28	MAY. 29	MAY. 30	MAY. 31	
CHICKEN RICE SOUP <b>SWISS STEAK</b> TUNA SALAD SANDWICH	CREAM OF VEGETABLE SOUP <b>SAVOURY MEAT PIE &amp; GRAVY</b> TURKEY & LETTUCE SANDWICH	SPLIT PEA & HAM SOUP <b>BUTTER CHICKEN</b> GRILLED TUNA MELT SANDWICH	CHICKEN ORZO SOUP <b>BEEF DIP</b> SALAD: BACON & CHICKEN CLUB	BEEF BARLEY SOUP <b>TURKEY A LA KING</b> GRILLED CUBAN SANDWICH	FISH CHOWDER SOUP <b>PASTA MARINARA WITH SAUSAGE &amp; PEPPERS</b> SALAD; BROCCOLI & BACON	

 Indicates meals are frozen. Saturday and Sunday meals are delivered frozen on Friday. This menu may change without notice. We will be closed Monday May 20th, if you require a holiday meal please contact our office by May 13th.