

FROZEN MENU

View our full menu online at
mealsonwheeledmonton.org

To order: call 780-429-2020,
 visit mealsonwheeledmonton.org or
 email us at emow@mealsonwheeledmonton.org

beef

- _____ **Classic Meatloaf** with mushroom gravy,
mashed sweet potatoes and peas \$4.50
- _____ **Roast Beef** with gravy, garlic mashed
potatoes and carrot-turnip combo \$6.00
- _____ **Shepherd's Pie** with carrots and peas \$4.50
- _____ **Beef Stew** with mashed potatoes and corn \$5.00
- _____ **Salisbury Steak** with gravy, sauteed
onions, roasted potatoes and cauliflower \$4.50
- _____ **Beef Stir-fry Bowl** with mixed peppers \$5.00
- _____ **Lasagna** with cauliflower and french beans \$4.50
- _____ **Spaghetti and Meatballs**
with carrots and corn \$4.50
- _____ **Ukrainian Duo** of perogies, cabbage roll, fresh
dill seasoned roasted beets \$4.50
- _____ **Spicy Beef Stew** with rice, carrots
and turnips **HALAL** \$6.00
- _____ **Pot Roast** with rice and peas **GLUTEN FREE** \$7.00
- _____ **Beef & Vegetable Casserole** with rice
and peas **GLUTEN FREE** \$7.00

seafood

- _____ **Crab-topped Salmon** with carrots, peas
and pearl onions \$6.00
- _____ **Pesto Salmon** with rice and broccoli \$5.00
- _____ **Cod with Dill Sauce** with rice pilaf and
peas and carrots \$4.50
- _____ **Pesto Shrimp Linguine Bowl** \$5.00

poultry

- _____ **Mushroom Chicken** with mashed
potatoes and sunrise vegetables \$4.50
- _____ **BBQ Chicken** with cornbread muffin
and peas \$4.50
- _____ **Roasted Turkey** with gravy, stuffing,
mashed potatoes, peas, and pearl onions \$6.00
- _____ **Rosemary Chicken** with roasted
potatoes and mashed carrot- turnip \$5.00
- _____ **Chicken Stir-fry Bowl** with mixed peppers \$5.00
- _____ **Chicken Cordon Bleu** with garlic mashed
potatoes and PEI mix vegetables \$6.00
- _____ **Butter Chicken Bowl** with broccoli \$6.00
- _____ **Fresh Herb Baked Chicken Things** with
yellow rice and cauliflower \$5.00
- _____ **Sweet Curry Chicken** **HALAL** \$6.00
- _____ **Herbed Chicken** with sweet potatoes
and French green beans **GLUTEN FREE** \$7.00

pork

- _____ **Roasted Pork Loin** with gravy, apple stuffing,
roasted sweet potatoes and broccoli \$5.00
- _____ **Ham with Cranberry Apricot Sauce** with
scaloped potatoes and green beans \$5.00
- _____ **BBQ Pork Riblets** with potato wedges and
green beans \$5.00
- _____ **Sweet and Sour Pork Bowl** \$5.00
- _____ **Apple Braised Pork** with rice, green beans,
and butternut squash **GLUTEN FREE** \$7.00

veggie

- _____ **Mac 'n' Cheese Bowl** with broccoli \$4.50
- _____ **Vegetable Stew** HALAL VEGAN \$5.00
- _____ **Curried Lentil Casserole** HALAL VEGAN \$5.00
- _____ **Split Pea Casserole** HALAL VEGAN \$5.00
- _____ **Mushroom do Pyaza** mushroom, onion, and tomato curry with yellow rice and lentil stew VEGAN \$5.00
- _____ **Chana Masala Bowl** curried chickpeas in tomato Indian sauce with yellow rice and broccoli VEGAN \$5.00
- _____ **Chickpea & Ginger Casserole** HALAL VEGAN \$6.00
- _____ **Palak Makai** spinach and sweet corn with yellow rice and lentil stew VEGAN \$5.00

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

- _____ **Pancakes** with sausages and hash browns \$4.50
- _____ **Bacon, Egg & Cheese** on an English muffin \$3.00

extras +

- _____ **Lentil Stew (Dahl)** VEGAN \$3.00
- _____ **Beef Gravy** \$1.00
- _____ **Turkey Gravy** \$1.00
- _____ **Chocolate Ensure®** \$1.50
- _____ **Strawberry Ensure®** \$1.50
- _____ **Vanilla Ensure®** \$1.50
- _____ **Wild Berry Glucerna® (diabetic)** \$1.50

sweets

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

samplers

- _____ **5-Meal Sampler Pack** \$20.00
- _____ **3- Meal Sampler Pack** \$14.00
- _____ **Soup Sampler Pack** \$9.00

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