


EDMONTON MEALS ON WHEELS ANTICIPATED MENU: SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER. 1 	SEPTEMBER. 2 	SEPTEMBER. 3	SEPTEMBER. 4	SEPTEMBER. 5	SEPTEMBER. 6	SEPTEMBER. 7 
DILL PICKLE SOUP BEEF STUFFED PEPPERS TURKEY SANDWICH	OFFICE CLOSED TOMATO BISQUE SOUP ROAST TURKEY, GRAVY & STUFFING MEATLOAF SANDWICH	COUNTRY VEGETABLE SOUP SHEPHERD'S PIE VEGGIE & CREAM CHEESE SANDWICH	WONTON SOUP TERIYAKI SALMON SALAD: CHEF WITH TURKEY, CHEESE & EGG	CORN CHOWDER SOUP SPAGHETTI & MEAT SAUCE PESTO CHICKEN SANDWICH	TUSCAN BEAN & BACON SOUP OVEN FRIED CHICKEN PATTY MELT SANDWICH	CREAM OF CAULIFLOWER SOUP ROAST PORK & GRAVY HAM & CHEESE SANDWICH
SEPTEMBER. 8 	SEPTEMBER. 9	SEPTEMBER. 10	SEPTEMBER. 11	SEPTEMBER. 12	SEPTEMBER. 13	SEPTEMBER. 14 
MINISTRONE SOUP BBQ PULLED PORK EGG SALAD SANDWICH	CREAM OF MUSHROOM SOUP ROAST BEEF & GRAVY BOLOGNA SANDWICH	CHICKEN TACO SOUP FRENCH ONION CHICKEN CASSEROLE CLUB SANDWICH	CARROT GINGER SOUP PORK CHOP & GRAVY BBQ BEEF ON A BUN SANDWICH	TURKEY VEGETABLE SOUP PASTA ALFREDO SALAD: TUNA ON TOMATO WEDGES	CHEESEBURGER SOUP PORK PATTIES & CRANBERRY APRICOT SAUCE PASTRAMI SANDWICH	CREAM OF BROCCOLI SOUP CHICKEN PARMESAN CHICKEN SALAD SANDWICH
SEPTEMBER. 15 	SEPTEMBER. 16	SEPTEMBER. 17	SEPTEMBER. 18	SEPTEMBER. 19	SEPTEMBER. 20	SEPTEMBER. 21 
NAVY BEAN & HAM SOUP SALISBURY STEAK & GRAVY TURKEY & SWISS SANDWICH	CREAM OF VEGETABLE SOUP BEEF STEW HAM SALAD SANDWICH	TOMATO VEGETABLE SOUP CHICKEN MARSALA ROAST PORK SANDWICH	CHICKEN ORZO SOUP GRILLED SALMON & LEMON BUTTER REUBEN SANDWICH	BEEF BARLEY SOUP ROAST PORK & GRAVY FRIED EGG & CHEESE ON TOAST	SEAFOOD CHOWDER LASAGNA SALAD: CHICKEN CAESAR	COUNTRY VEGETABLE SOUP SHEPHERD'S PIE TURKEY SALAD SANDWICH
SEPTEMBER. 22 	SEPTEMBER. 23	SEPTEMBER. 24	SEPTEMBER. 25	SEPTEMBER. 26	SEPTEMBER. 27	SEPTEMBER. 28 
LOADED BAKED POTATO SOUP MACARONI & CHEESE WITH HAM ITALIAN SUB SANDWICH	MULLIGATAWNY SOUP ROASTED CHICKEN THIGHS & GRAVY SEAFOOD SALAD SANDWICH	FRENCH ONION SOUP BEEF STROGANOFF HAM & CHEESE SANDWICH	HAMBURGER MACARONI SOUP BBQ PULLED PORK SALAD: CHEF WITH BACON, CHEESE & EGG	DILL PICKLE SOUP BEEF STUFFED PEPPERS GRILLED CORNED BEEF & CHEESE SANDWICH	GINGER VEGETABLE NOODLE SOUP CHICKEN CHOW MEIN DENVER SANDWICH	TURKEY VEGETABLE SOUP PASTA ALFREDO MEATLOAF SANDWICH
SEPTEMBER. 29 	SEPTEMBER. 30					
CREAM OF VEGETABLE SOUP PORK PATTIES & CRANBERRY APRICOT SAUCE COLD CUT SUB SANDWICH	TOMATO PESTO BISQUE SOUP ROAST TURKEY, STUFFING & GRAVY MEATLOAF SANDWICH		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	

 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. We will be closed Monday September 2nd, the holiday meal will be delivered Friday August 30th.