#### Who is Calgary Meals on Wheels for?

We serve all Calgarians. Whether you're navigating life with a new baby, an unexpected or chronic illness, living with a disability, the loss of a loved one, divorce or simply the natural effects of aging, we're here to provide the comfort of healthy, delicious meals.

#### Do I qualify?

Yes! There's no referral needed, and we are happy to serve you regardless of finances, age, or ability.



# When are my meals delivered?

Our caring volunteers deliver meals Monday - Friday, 11:00am - 1:00pm. Weekend meals are delivered on Friday.

## Can I try it out first?

Of course! Try a Dinner Sampler, featuring four frozen meals delivered to your door for \$24.

"Before I was not eating well and spending more money."

— Meals on Wheels client



Everyone faces challenges. We make sure it's with a full stomach.

Website

mealsonwheels.com

**Email** 

info@mealsonwheels.com

**Phone** 

403 243 2834

Meals on Wheels

Calgary Meals on Wheels is partially funded by Family and Community Support Services and United Way of Calgary and Area. Our registration number is 11882 3749 RR0001.



When you've got a lot on your plate, let us do the cooking.



## Which meal option is best for me?

Our Chef's Daily Special On our daily delivery service, the number of days and meals is up to you.

MENU: 5-week menu chosen by our Chef. Options include breakfast, lunch, and dinner.

**PRICE:** Based on income **AVAILABLE:** 3-7 days/week

**DIET:** Diabetic, Renal, Gluten-Free, Allergies,

Texture Modifications and more.

**SIGN-UP:** By phone or e-mail



#### SAMPLE MENU

Please visit our website for more details! mealsonwheels.com

**Breakfast** starts your day with wholesome foods and savoury dishes. Includes a protein, starch, fruit, and serving of milk. Examples

> Eggs Benedict: Served on an English muffin with a side of pineapple

Toa: erved with chicken de, syr b, a banana, and milk.

Lunch provides a tasty com satisfying lunchtime classics atures a

Chickpea Salad: Served with nushroom soup, fresh es, and sweet Black Forest

# SAMPLE MENU

#### Please visit our website for a full menu! mealsonwheels.com

My Choice Menu

**Single Meals** offer 35+ homestyle favourites with a variety of flavours and sides. Consists of a protein, starch, and a vegetable. \$6 each.

> Pork Bourbon: A tangy and sweet sauce flavoured with pineapple & apple, served with vegetable fried rice, and carrots.

Roast Turkey: A traditional classic! Served with savoury bread stuffing and gravy, fluffy mashed potatoes, and peas & carrots.

Family Meals come in two sizes, offering 16 options to provide yummy entrées for the whole family. \$12-29 for 6-15 servings.

> Chicken Stir Fry: Loaded with vegetables and simmered in a garlic & ginger sauce.

Mac & Cheese: Decadently cheesy and seasoned with mustard and cestershire.

delicious house-made comfort favourites online! \$4.25 for 3

To order brochures, email outreach@mealsonwheels.com (Sample me or call (403)-243-2834 x 1029

My Choice Menu Select the dish love the most and keep them on-hand in the freezer. Quantity is up to you!

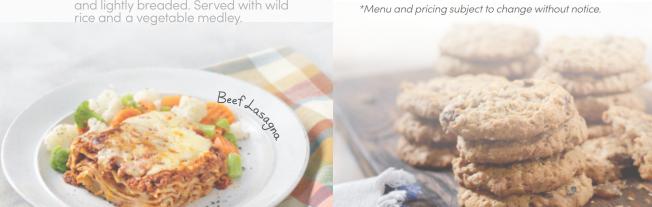
MENU: 70+ items to choose! Options include single & family meals, soups, and baked goods.

**PRICE:** Varies by product

**AVAILABLE:** Mon-Fri, delivery or pick-up **DIET:** Diabetic, Renal, Gluten-Free, Puree

**ORDER:** Online, by phone or email

Lemon Pepper Cod: Subtly flavoured and lightly breaded. Served with wild



s include wholesome muffins, uits, and fruity dessert crisps ny your meal. \$5.50-12 for 8-18