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
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Phone
403 243 2834

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.
Our Chef's Daily Special

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

- **Eggs Benedict**: Served on an English muffin with a side of pineapple spears and milk.
- **French Toast**: Served with chicken sausage, syrup, a banana, and milk.

Lunch provides a tasty combination of satisfying lunchtime classics. Features a sandwich or salad, soup or juice, fruit, and a snack. Examples include:

- **Pastrami Sandwich**: Served with garden minestrone soup, grapes, and yogurt.
- **Greek Chickpea Salad**: Served with cream of mushroom soup, fresh orange slices, and sweet Black Forest cake.

Supper offers homestyle favourites with a variety of flavours and sides. Consists of a protein, starch, and a vegetable. Examples include:

- **Beef Lasagna**: Layers of homemade tomato meat sauce, cheeses, and noodles. Served with California mixed vegetables.
- **Lemon Pepper Cod**: Subtly flavoured and lightly breaded. Served with wild rice and a vegetable medley.

**SAMPLE MENU**

Please visit our website for more details!
meals.onwheels.com

- **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 Worcestershire.

Our soups are a delicious house-made comfort food! See our favourites online! $4.25 for 3 servings.

Bakery items include wholesome muffins, cookies, biscuits, and fruity dessert crisps to accompany your meal. $5.50-12 for 8-18 servings.

*Menu and pricing subject to change without notice.*

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2. **SAMPLE MENU**

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My Choice Menu

Select the dishes you 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

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