

My Choice Menu

Single Meals

\$6 EACH

All meals are delivered frozen and consist of a protein, starch, and vegetable and are also diabetic-friendly and MSG-free.





Butter Chicken Bowl

Chicken Stir Fry

Coconut Curry Chicken

Chicken & Parmesan Wine Sauce

Roast Turkey Dinner

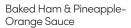
French Toast & Chicken Sausage

Chicken & Parmesan Wine Sauce (Renal)

Chicken Stir Fry (Renal)

Classic Chicken & Gravy (GF)

PORK



Tangy BBQ Pork Ribette

Pork Cutlet with Gravy

Sweet & Tangy Pork Bourbon

Pork Cutlet with Gravy (Renal)

Baked Ham & Pineapple-Orange Sauce (GF)

VEGETARIAN



Homestyle Mac & Cheese Veggie Chili

SEAFOOD



Lightly Breaded Salmon

Steamed Salmon with Dill Sauce (Renal)

Steamed Cod with BBQ Sauce

BEEF



Hearty Beef Stew

Teriyaki Beef & Broccoli Bowl

Beef Cabbage Roll

Five Spice Beef Stew

Classic Beef Lasagna

Meatballs with BBQ Sauce

Roast Beef Dinner

Homestyle Salisbury Steak

Traditional Shepherd's Pie

Roast Beef Dinner (Renal)

Homestyle Salisbury Steak (Renal)

Hearty Beef Stew (GF)

Hearty Beef Stew (Renal)

Beef Cabbage Rolls (GF) Roast Beef Dinner (GF)

Traditional Shepherd's Pie (GF)

Phone

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mealsonwheels.com

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 does delivery happen?

Our volunteers deliver meals to your door from 11:00am – 1:00pm Monday through Friday. Weekend meals are delivered on Fridays.

How many meals a week will I receive?

The number of meals is up to you, from a minimum of three dinners a week, with the option to add breakfast, to lunch, dinner and baked goods seven days a week.

Can I try it out first?

Of course, sometimes you have to taste for yourself.

You can try our Dinner Sampler, featuring four frozen meals delivered to your door, for \$24.







My Choice Menu

Small Family-Style Meals

(Roughly 6 servings)

\$14 \$1:

Butter Chicken Homestyle Mac & Cheese

Chicken Stir Fry Spaghetti Bake

Large Family-Style Meals

Family-sized entrees of our homestyle favourites! 15 servings, \$15 to \$29.

Potato Cheddar Perogies	\$15
Vegetarian Chili	\$15
Chili Con Carne	\$21
Cabbage Rolls	\$24
Spaghetti Bake	\$24
Chicken Stir Fry	\$27
Shepherd's Pie	\$27
Butter Chicken	\$29
Chicken Primavera	\$29
Beef Lasagna	\$29
Beef Stew	\$29

Soups 3 SERVINGS, \$4.25

Hearty Beef Barley Corn Chowder
Traditional Borscht Cream of Carrot
Homestyle Chicken Barley Garden Minestrone
Ultimate Chicken
Noodle Mulligatawny

From Our Bakery

MUFFINS CRISPS

\$5.50/DOZEN \$6.75/8 PORTIONS \$12/20 PORTIONS

Blueberry Bran Apple Raisin Bran Peach

COOKIES
\$5.50/18 DIECES

\$5.50/18 PIECES

Peanut Butter Raisin Oatmeal

Key Lime

BISCUITS \$5.50/DOZEN Herb & Cheese Tea "Before I was not eating well and spending more money."

—Meals on Wheels client

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Order online!

mealsonwheels.com

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

