

Calgary Meals on Wheels

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.

POULTRY



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



Baked Ham & Pineapple-Orange Sauce
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 (GF)

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)

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.



Butter Chicken

Calgary
Meals
on Wheels

Phone

403 243 2834

Email

info@mealsonwheels.com

Website

mealsonwheels.com

My Choice Menu

Small Family-Style Meals

(Roughly 6 servings)

\$14

Butter Chicken
Chicken Stir Fry
Spaghetti Bake

\$12

Homestyle Mac & Cheese

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

— Meals on Wheels client

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	Cream of Pea
Ultimate Chicken Noodle	Garden Minestrone
	Mulligatawny

From Our Bakery

MUFFINS

\$5.50/DOZEN

Banana Flax
Blueberry Bran
Raisin Bran

CRISPS

\$6.75/8 PORTIONS

\$12/20 PORTIONS

Apple
Peach

COOKIES

\$5.50/18 PIECES

Key Lime
Peanut Butter
Raisin Oatmeal

BISCUITS

\$5.50/DOZEN

Herb & Cheese
Tea

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Email

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Order online!

mealsonwheels.com

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

