

## Our Chef's Daily Special

**Our Chef's Daily Special** meals are delivered chilled and can accommodate special diets and texture modifications. Meals are prepared in advance, cooked fresh, and chosen by our Chef. Want more control? See the frozen meal options in the My Choice Menu.



### Breakfast

**Includes a protein, starch, fruit and a serving of milk.**

*Example:*

French Toast and Chicken Apple Sausages



### Lunch

**Features a sandwich or salad, soup or juice, a serving of fruit, and a snack.**

*Example:*

Egg Salad Sandwich and Beef and Barley Soup



### Dinner

**Consists of a protein, a starch and a vegetable for a balanced meal.**

*Example:*

Butter Chicken on Rice with Green Beans and Corn

#### 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.

#### Are subsidies available?

Yes -- please contact our office to determine what the cost of may service will be.

#### Phone

403 243 2834

#### Email

[info@mealsonwheels.com](mailto:info@mealsonwheels.com)

#### Website

[mealsonwheels.com](http://mealsonwheels.com)