

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

Calgary
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.



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Which meal option is best for me?

1 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

1 Our Chef's Daily Special

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 include:

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

Fruit Toast: Served with chicken sausage, syrup, a banana, and milk.

Lunch provides a tasty combination of satisfying lunchtime classics. Features a sandwich or soup, fruit, and a side of milk.

Mediterranean Salad: Served with chicken, tomatoes, cucumbers, and feta cheese.

Greek Chickpea Salad: Served with chickpeas, mushrooms, fresh vegetables, and sweet Black Forest dressing.

Single Meals offer 35+ homestyle favourites with a variety of flavours and sides. Consists of a protein, starch, and a vegetable. Examples include:

Lemon Pepper Cod: Subtly flavoured and lightly breaded. Served with wild rice and a vegetable medley.

2 My Choice Menu

SAMPLE MENU

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

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 Worcestershire.

Single Meals offer 35+ homestyle favourites with a variety of flavours and sides. Consists of a protein, starch, and a vegetable. Examples include:

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Calgary Meals on Wheels

(Sample menu)

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

2 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



*Menu and pricing subject to change without notice.