

Calgary Meals on Wheels provides nutritious and affordable meals for a wide array of organizations. We have several partnerships with schools, non-profit agencies, and community groups.

Our healthy menu selection and convenient delivery service provide a great solution for your next community event or gathering. We also have holiday-themed menus for those special times of the year. Please ask for details.

**Menu:** Select from a variety of locally-made nutritious and delicious menu options. Client is responsible for all serving utensils and dinnerware as well as set-up, serving, and clean-up.  
***Individual Entrées and Soups are available frozen only***

**Delivery:** 10:00am - 1:00pm, Monday - Friday.  
There is a flat-rate delivery fee of \$10 within city limits.  
***Delivery details must be approved prior to order confirmation.***  
***Frozen orders can be picked up at Community Depots\* for no delivery fee.***

All Group Meal orders require pre-payment. Please provide our Finance Department with a credit card or void cheque prior to your order date. Your credit card or bank account will be automatically billed the day of delivery.

**Payment:** Hot and chilled orders must be placed at least 2 weeks in advance to ensure product availability. Minimum order is (10) individual Frozen Entrées or (1) Group-Sized Entrée.

**Order:** To order a Group Meal, please call us at (403) 243-2834 or email [orders@mealsonwheels.com](mailto:orders@mealsonwheels.com).

*\*Contact us to find the nearest Community Depot.*

**“I just wanted to say thank you so much for providing such a wonderful meal! The tenants were very impressed with the meal and said it is one of the best meals they've had.”**

**Laurie, Bethany Care Society**

## Single Meals **\$6.25 EACH**

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

### BEEF

Beef Cabbage Rolls  
Classic Beef Lasagna  
Meatballs with BBQ Sauce  
Roast Beef Dinner  
Homestyle Salisbury Steak  
Traditional Shepherd's Pie  
Hearty Beef Stew  
Mexi Bowl  
Beef Brisket with Swiss Sauce  
Veal Cutlet

### SEAFOOD

Steamed Cod with BBQ Sauce  
Steamed Salmon with Dill Sauce  
Asian Glazed Salmon

### PORK

Baked Ham with Apple Dijon Sauce  
Sweet & Tangy Pork Bourbon  
Tangy BBQ Pork Ribette  
Roast Pork Loin

### POULTRY

French Toast & Chicken Sausage  
Butter Chicken Bowl  
Chicken & Parmesan Wine Sauce  
Classic Chicken with Gravy  
Chicken Stir Fry  
Roast Turkey Dinner

### VEGETARIAN

Veggie Chili  
Homestyle Mac & Cheese  
Vegetarian Shepherd's Pie  
Vegetarian Lasagna

## Special Diet Meals **\$6.25 EACH**

Please indicate if you require the Special Diet version of a meal when ordering. They are diabetic-friendly and MSG-free.

### GLUTEN FREE

Beef Cabbage Rolls  
Roast Beef Dinner  
Traditional Shepherd's Pie  
Hearty Beef Stew

### RENAL

Roast Beef Dinner  
Homestyle Salisbury Steak  
Hearty Beef Stew

Butter Chicken Bowl  
Classic Chicken with Gravy

Butter Chicken Bowl  
Chicken & Parmesan Wine Sauce

Steamed Cod with BBQ Sauce

Chicken Stir Fry

Baked Ham with Apple Dijon Sauce

Steamed Cod with BBQ Sauce  
Steamed Salmon with Dill Sauce

Tangy BBQ Pork Ribette

## Small Group-Sized Entrées

(Roughly 6 servings)

**\$17**

Butter Chicken  
Chicken Stir Fry

**\$12**

Homestyle Mac & Cheese  
Spaghetti Bake

## Large Family-Style Entrées

(Roughly 15 servings)

Potato Cheddar Perogies ..... **\$17**  
Vegetarian Chili ..... **\$17**  
Chili Con Carne ..... **\$21**  
Homestyle Mac & Cheese ..... **\$21**  
Cabbage Rolls ..... **\$27**  
Spaghetti Bake ..... **\$29**  
Shepherd's Pie ..... **\$29**  
Beef Stew ..... **\$29**  
Chicken Stir Fry ..... **\$37**  
Beef Lasagna ..... **\$37**  
Butter Chicken ..... **\$42**

## Sides

(Roughly 20 servings per pan)

Rice ..... **\$10**  
Roasted Potatoes ..... **\$10**  
Mixed Vegetables ..... **\$10**

## Soups

**3 SERVINGS, \$4.50**

Hearty Beef Barley  
Traditional Borscht  
Homestyle Chicken Barley  
Ultimate Chicken Noodle  
Butternut Squash  
Cream of Broccoli  
Garden Minestrone  
Cauliflower & Cheddar  
Chicken Thai Curry  
Moroccan Chickpea

## From Our Bakery

### MUFFINS

**\$5.75/DOZEN**

Banana Flax  
Blueberry Bran  
Raisin Bran

### COOKIES

**\$5.75/18 PIECES**

Key Lime  
Peanut Butter  
Cranberry White Chocolate  
Monster Cookie

### CRISPS

**\$7.00/8 PORTIONS**  
**\$13.00/20 PORTIONS**

Ginger Pear  
Peach

### BISCUITS

**\$5.75/DOZEN**

Herb & Cheese  
Tea

### SCONES

**\$5.75/6 PIECES**

Blueberry White  
Chocolate Scones