



Lunch & Supper Program



Enjoy lunch and supper daily!

Calgary Meals on Wheels can prepare and deliver nutritious and affordable meals to your door providing you with meals for up to seven days a week, regardless of your age or income.

Short-term or long-term, we are here to help.

Menu: Lunch includes house-made soup; sandwich or salad; with fruit and a dessert. Supper includes a main entrée served with a starch and our chef's choice of daily vegetables.

Standard Diets: We offer standard diets such as Renal, Gluten-Free, No Milk, No Pork/Beef, and Vegetarian. We offer texture modifications such as Cut-Up, Minced, and Pureed, as well as the accommodation of some food allergies. Unfortunately we are unable to cater to individual food preferences.

Availability: Service is available three to seven days a week 365 days of the year. Meals are delivered Monday to Friday from 11:00 am - 1:00 pm. A minimum two week service period is required.

Weekend & Holiday Meals: If weekend meals are required, they are delivered with Friday's delivery. Statutory holiday meals arrive automatically on the service day before the holiday, unless meals are not required.

Cost: Clients must submit their Income Tax Notice of Assessment from Canada Revenue Agency to determine their cost based on their income. A \$25 nonrefundable administration fee is applied when starting service.

Payment: Payment options include: Visa, MasterCard, and automatic withdrawal. Clients prepay for this program one month in advance.

Sign-Up: To order meals for yourself or a loved one, please call Client Services at (403) 243-2834 or email signup@mealsonwheels.com.

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*Your meals really helped me to regain my health.
I live alone and would never eat this healthy.
I really appreciate what you do.*

- Client

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Program Menu

Our Lunch & Supper Program features a 5-week rotating non-selective menu of homestyle favourites like the examples below.

Examples of Lunch Menu

Each consists of a sandwich, soup, and snacks for a balanced meal.

Sandwiches:

Sliced Ham, Turkey, or Beef
Meatloaf
Seafood Salad
Tuna or Salmon Salad
Egg Salad

Soups:

Beef Barley
Chicken Vegetable
Lentil Chowder
Minestrone
Cream of Carrot
Borscht

Salads:

Pasta
Four Bean
Potato
Cottage Cheese
Fresh Greens (seasonal)

Snacks:

Fresh Fruit
Yogurt
Cookies
Muffins
Fruit Crisps



Examples of Supper Menu

Each consists of a protein, starch, and vegetable for a balanced meal.

Roast Beef
Beef Lasagna
Cabbage Rolls
Shepherds Pie
Chili con Carne
Salisbury Steak
Five Spice Beef
Hearty Beef Stew
Meatballs with Mushroom Sauce

Roast Turkey
Butter Chicken
Stir Fry Chicken
Chicken Parmesan
Chicken Pasta Primavera
Creamy Parmesan Chicken Breast

Pork Cutlet
BBQ Pork Ribette
Baked Ham & Pineapple Orange Sauce

Breaded Fish Fillet
Lemon Pepper Cod
Steamed Salmon in Dill Sauce

Homestyle Macaroni & Cheese

All menu options and pricing are subject to change without notice.

 mealsonwheels.com

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