



# Chopsticks Program

*In partnership with the Calgary Chinese Elderly Citizens Association, Calgary Meals on Wheels can prepare and deliver nutritious and affordable authentic Chinese cuisine to your door.*

*This program provides meals for up to 7 days per week, regardless of your age or finances.*

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



## Main Meal Examples

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

Curry Chicken

Steamed Cod

Tofu Chicken

Five Spice Beef Stew

Chicken Pot Stickers

Sweet & Sour Pork

Teriyaki Chicken

BBQ Pork

Stir Fry Chicken

Butter Chicken

Pork Loin

Steamed Chicken

Steamed Pollock & Tofu

Meatballs with Vermicelli

Black Bean Chicken

Tofu with Ground Pork

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

**Meals:** Supper includes a traditional Chinese meal served with a starch and our chef's choice of daily vegetables. Lunch, from our Western menu, includes house-made soup; sandwich or salad; with fruit and a dessert.

**Availability:** Service is available 3 to 7 days per week, 365 days of the year. Meals are delivered Monday to Friday from 11:00 am - 1:00 pm and you can choose your delivery days to suit your schedule. A minimum two week service period is required.

**Cost:** Clients can submit their Income Tax Notice of Assessment 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 call:  
(403) 243-2834 for English,  
(403) 269-6122 for Chinese,  
or email [signup@mealsonwheels.com](mailto:signup@mealsonwheels.com)

*The Chopsticks menu does not monitor or adjust meals for individual special dietary needs or food allergies. Ingredient Information is available upon request.*

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*Our family appreciates the nutritious meals delivered to our father.*

*He finds everything tasty, easy to chew, and interesting.*

*You are providing a vital service in our community and we are very grateful.*

”

*- Client's Children*



# 溫情餵餐車

此項服務由「卡城餵餐車」與卡城華人耆英會合作，向有短期或長期需要的人士，提供每週七天營養均衡及價廉物美的中餐。餐盒會由專人送到客戶家中，服務對象並無年齡及經濟條件限制。



## 餐牌

為提供均衡營養，所供應的各款菜式均包含蛋白質、澱粉質

和蔬菜。

咖哩雞

清蒸鱈魚

豆腐雞

五香牛腩

雞肉鍋貼

咕嚕肉

照燒雞

叉燒

炒雞肉

印度牛油醬雞

豬柳

蒸雞

清蒸鱈魚和豆腐

肉丸粉絲

豆豉雞

豆腐碎豬肉

所有菜單選項和價格如有更改，恕不另行通知。

**套餐內容：**晚餐包括含澱粉質和蔬菜的中式餐盒，蔬菜款式每天由廚師推介。午餐則提供一般西式餐食，包括自家烹調的餐湯、三文治或沙律及生果和甜品。

**送餐日期：**每週可提供三至七天，即全年365天送餐服務。送餐時間是週一至週五上午十一時至下午一時。客戶可按個人需要選擇送餐日期，但客戶須最少訂餐兩星期。

**費用：**客戶可提供最近一年的評稅表以便本會決定餐盒費用。首次訂餐者須繳付25元行政費。

**付款方法：**客戶可採用信用卡或自動轉帳付款。客戶須預繳一個月的訂餐費用。

**訂餐手續：**請致電 (403) 243-2834 (英語)  
(403) 269-6122 (粵語及普通話)  
或電郵 [signup@mealsonwheels.com](mailto:signup@mealsonwheels.com)  
(英語)

**請注意：**溫情餵餐車的餐單不能照顧在飲食方面有特殊需要或對食物有敏感的人士。如有需要，可向本會查詢食材資料。

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

 [calgarymealsonwheels](https://www.facebook.com/calgarymealsonwheels)

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