



# 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 a sandwich or salad, soup or juice, fruit, and a snack. Supper includes a main entrée served with a starch and our chef's choice of daily vegetables.

**Special Diets:** We offer special diets such as Renal, Gluten-Free, No Milk, No Pork/Beef, and Vegetarian-style. We offer texture modifications such as Cut-Up, Minced, and Pureed, as well as accommodate some food allergies. Unfortunately we are unable to adjust for 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 ordered, they are delivered on Friday. Statutory holiday meals arrive automatically on the service day before the holiday.

**Cost:** Clients must submit their Income Tax Notice of Assessment from Canada Revenue Agency to determine their cost based on their income.

**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](mailto:signup@mealsonwheels.com).

*“ 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*

*”*

# 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 or salad, soup or juice, fruit, and snack 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](http://mealsonwheels.com)

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