



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 vegetables.
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Special Diets: We offer diets such as diabetic, 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: \$

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.

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

Program Menu

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.

Examples of Breakfast Menu

Each consists of a protein, fruit, and grain and comes with a serving of Whole Milk.

French Toast, Chicken Sausage, Syrup, Banana, and Milk

Egg Ham and Cheese English Muffin, Applesauce, and Milk

Blueberry White Chocolate Scone, Cheese, Peaches, and Milk

Western Omelette, Potato Wedges, Banana, and Milk

Apple Cinnamon Oatmeal, Yogurt, Fruit Cup, and Milk

Multigrain Cheerios, Hardboiled Egg, Cantaloupe, and Milk

Berry Bran Muffin, Cheese, Applesauce, and Milk

 mealsonwheels.com

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