



PoCoMo Meals on Wheels
(604) 942 7506

All meals \$5.75

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Daily Soup SHEPHERD'S PIE Vegetable Medley Tropical Fruit Juice	Daily Soup VEAL CUTLET Mashed Potatoes w/Gravy Vegetable Medley Butterscotch Pudding Juice	Daily Soup SPAGHETTI w/ MEAT SAUCE Vegetable Medley Garlic Bread Canned Apricots Juice	Daily Soup BBQ CHICKEN Roasted Potatoes Vegetable Medley Cookie Juice	Daily Soup HAWAIIAN MEATBALLS Rice Vegetable Medley Jell-O Juice
2	Daily Soup LASAGNA Vegetable Medley Garlic Bread Mandarin Oranges Juice	Daily Soup CHICKEN CORDON BLEU Roasted Potatoes Vegetable Medley Chocolate Pudding Juice	Daily Soup SWEET & SOUR PORK Rice Vegetable Medley Canned Peaches Juice	Daily Soup BAKED HAM Scalloped Potatoes Vegetable Medley Carrot Cake Juice	Daily Soup BUTTER CHICKEN Rice w/ Naan Bread Vegetable Medley Tropical Fruit Juice
3	Daily Soup SPAGHETTI w/ MEAT SAUCE Vegetable Medley Garlic Bread Canned Peaches Juice	Daily Soup TURKEY SCHNITZEL Mashed Potatoes w/ Gravy Vegetable Medley Carrot Cake Juice	Daily Soup TERIYAKI CHICKEN Rice Vegetable Medley Jell-O Juice	Daily Soup SALISBURY STEAK Mashed Potatoes w/Gravy Vegetable Medley Tropical Fruit Juice	Daily Soup ROASTED PORK Roasted Potatoes w/Gravy Vegetable Medley Butterscotch Pudding Juice
4	Daily Soup PASTA CHICKEN ALFREDO Vegetable Medley Tropical Fruit Juice	Daily Soup MEATLOAF Mashed Potatoes w/Gravy Vegetable Medley Chocolate Pudding Juice	Daily Soup CHICKEN A LA KING Rice Vegetable Medley Jell-O Juice	Daily Soup PORK CHOP Roasted Potatoes w/Gravy Vegetable Medley Canned Apricots Juice	Daily Soup ROAST TURKEY Mashed Potatoes w/Gravy Vegetable Medley Cookie Juice
5	Daily Soup SHEPHERD'S PIE Vegetable Medley Mandarin Oranges Juice	Daily Soup BAKED HAM Scalloped Potatoes Vegetable Medley Butterscotch Pudding Juice	Daily Soup LASAGNA Vegetable Medley Garlic Bread Tropical Fruit Juice	Daily Soup HERB ROASTED CHICKEN Roasted Potatoes Vegetable Medley Carrot Cake Juice	Daily Soup ROAST BEEF Mashed Potatoes w/Gravy Vegetable Medley Jell-O Juice

Subject to change without notice

Special Diets: Diabetic, Low Cholesterol and Minced.

Diabetic Meals: No Grape or Cranberry Juice. Desserts – Fruit, Jell-O or Pudding