

December 2017



To cancel a meal, call the office no later than **11 am the day before** your meal delivery

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Italian Cod	2 Chicken Stir Fry
3 Meat Loaf	4 <u>Baked Ham or</u> Pork Loin-NAS	5 Grilled Chicken	6 Beef Stew	7 Pineapple Ginger Chicken	8 Lightly Breaded Sole	9 Spaghetti
10 Pesto Chicken Pasta	11 Roast Beef with Gravy	12 Turkey Shepherd's Pie	13 Salisbury Steak	14 Braised Pork in Gravy	15 Seared Cod with Lemon Zest	16 Beef Stroganoff
17 Sausages and <u>Mashed Potato or</u> Pulled Pork-NAS	18 Chicken Pot Pie	19 Beef and Herb Lasagna	20 Turkey A La King	21 Honey Glazed Meat Balls	22 Baked Salmon	23 BBQ Chicken Breast
24 Shepherd's Pie	25 Christmas Day! Special Delivery	26 OFFICE CLOSED No Meal	27 Lasagna	28 Teriyaki Chicken with Rice Noodles	29 Italian Cod	30 Coconut Curry Chicken
31 Salisbury Steak	January 1 OFFICE CLOSED No Meal	January 2 Braised Beef	<div data-bbox="1580 1247 2284 1393" data-label="Text"> <p>www.mowl.ca 519-660-1430</p> </div>			

IMPORTANT NOTE: There will be no meal delivered on December 26th and January 1st. Please ensure you have meals on hand by ordering a frozen meal package, if you order by December 11th you get \$5 off your frozen meal entrees!