

March 2018



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 Pineapple and Ginger Chicken	2 Lemon Cod	3 Sausages or Pulled Pork- NAS
4 Beef Stroganoff	5 Pesto Chicken	6 Honey Glazed Meatballs	7 Chicken Stir Fry	8 Baked Ham or Pork Loin-NAS	9 Breaded Sole	10 Coconut Chicken
11 Braised Pork	12 Turkey Shepherd's Pie	13 Roast Beef	14 Chicken Gumbo	15 Braised Beef	16 Haddock	17 Chicken Pot Pie
18 Shepherd's Pie	19 BBQ Chicken	20 Pork Loin	21 Turkey a la King	22 Mango Chicken	23 Italian Cod	24 Spaghetti
25 Lasagna	26 Grilled Chicken	27 Beef Stew	28 Roast Turkey	29 Teriyaki Chicken	30 Office Closed No Meal Delivery	31 Salmon <u>Delivered Thursday</u>
April 1 Salisbury Steak <u>Delivered Thursday</u>	<div style="border: 1px solid black; padding: 10px;"> <p>IMPORTANT NOTE: Due to the Easter Holiday, our office is closed Friday March 30th, weekend meals will be delivered on Thursday March 29th. Call the office to order an extra meal to cover the closure by Wednesday March 28th. Order online: http://mealsonwheelslondon.ca/hotmeals</p> </div>					