

**Everyone faces challenges.  
We make sure it's with a full stomach.**

**What is the My Choice Menu?** The My Choice Menu is a selection of delicious and affordable frozen entrees, soups, and baked goods - a great way to feed families and individuals.

*See reverse  
for full menu!*

**How do I order meals?** The My Choice Menu meals can be easily ordered [online](#), or by contacting us at (403) 243-2834.

**When does delivery happen?** Our volunteers deliver meals to your door from 10:45am - 1:00pm Monday through Friday. Place your order before 12 noon and have meals delivered free to your doorstep two business days later. Pick-up option also available.

**How many meals a week will I receive?** The number of meals is up to you with a suggested minimum order of \$25.

**Can I try it out first?** Of course! Sometimes you have to taste it for yourself. You can try our Dinner Sampler, featuring four frozen meals delivered to your door for \$25.

**Ordering for a group?** Our healthy menu selection and convenient delivery service provides a great solution for your next community event or gathering. Learn more online at [mealsonwheels.com/group-meals](http://mealsonwheels.com/group-meals).

**Ready to get started? Order online at  
[mealsonwheels.com](http://mealsonwheels.com) now!**



## Single Meals \$6.25 EACH

All meals are delivered frozen and consist of a protein, starch, and vegetables. They are diabetic-friendly and MSG-free.

### BEEF



- Beef Cabbage Rolls
- Classic Beef Lasagna
- Meatballs with BBQ Sauce
- Roast Beef Dinner
- Homestyle Salisbury Steak
- Traditional Shepherd's Pie
- Hearty Beef Stew
- Mexi Bowl
- Beef Brisket with Swiss Sauce
- Veal Cutlet

### SEAFOOD



- Steamed Cod with BBQ Sauce
- Steamed Salmon with Dill Sauce
- Asian Glazed Salmon

### PORK



- Baked Ham with Apple Dijon Sauce - **NEW**
- Sweet & Tangy Pork Bourbon
- Tangy BBQ Pork Ribette
- Roast Pork Loin

### POULTRY



- French Toast & Chicken Sausage
- Butter Chicken Bowl
- Chicken & Parmesan Wine Sauce
- Classic Chicken with Gravy
- Chicken Stir Fry
- Roast Turkey Dinner

### VEGETARIAN



- Veggie Chili
- Homestyle Mac & Cheese
- Vegetarian Shepherd's Pie
- Vegetarian Lasagna

## Special Diet Meals \$6.25 EACH

Please indicate if you require the Special Diet version of a meal when ordering. They are diabetic-friendly and MSG-free.

### GLUTEN FREE

- Beef Cabbage Rolls
- Roast Beef Dinner
- Traditional Shepherd's Pie
- Hearty Beef Stew

- Butter Chicken Bowl
- Classic Chicken with Gravy

- Steamed Cod with BBQ Sauce

- Tangy BBQ Pork Ribette

### RENAL

- Roast Beef Dinner
- Homestyle Salisbury Steak
- Hearty Beef Stew

- Butter Chicken Bowl
- Chicken & Parmesan Wine Sauce
- Chicken Stir Fry

- Steamed Cod with BBQ Sauce
- Steamed Salmon with Dill Sauce

## Small Family-Style Meals

(Roughly 6 servings)

\$17

- Butter Chicken
- Chicken Stir Fry

\$12

- Homestyle Mac & Cheese
- Spaghetti Bake

## Large Family-Style Meals

(Roughly 15 servings)

- Potato Cheddar Perogies ..... \$17
- Vegetarian Chili ..... \$17
- Chili Con Carne ..... \$21
- Homestyle Mac & Cheese ..... \$21
- Cabbage Rolls ..... \$27
- Spaghetti Bake ..... \$29
- Shepherd's Pie ..... \$29
- Beef Stew ..... \$29
- Chicken Stir Fry ..... \$37
- Beef Lasagna ..... \$37
- Butter Chicken ..... \$42

## Soups

3 SERVINGS, \$4.50

- Hearty Beef Barley
- Traditional Borscht
- Homestyle Chicken Barley
- Ultimate Chicken Noodle
- Butternut Squash
- Cream of Broccoli
- Garden Minestrone
- Cauliflower & Cheddar
- Moroccan Chickpea
- Chicken Thai Curry

## From Our Bakery

### MUFFINS

\$5.75/DOZEN

- Banana Flax
- Blueberry Bran
- Raisin Bran

### COOKIES

\$5.75/18 PIECES

- Key Lime
- Peanut Butter
- Cranberry White Chocolate - **NEW**
- Monster Cookie

### CRISPS

\$7.00/8 PORTIONS  
\$13.00/20 PORTIONS

- Ginger Pear - **NEW**
- Peach

### BISCUITS

\$5.75/DOZEN

- Herb & Cheese
- Tea

### SCONES

\$5.75/6 PIECES

- Blueberry White
- Chocolate Scones