

## Hot Lunch Sample Menu

The hot lunch meal program offers an appetizing variety of meals consisting of a soup, a main dish, fresh fruit or salad, and a dessert. There is a diabetic menu option available.

The hot lunch meals are delivered daily over the noon hour, Monday to Friday, or on designated days chosen by the client.

The cost per meal is \$15.50, and clients are billed monthly. We are also able to arrange for automatic withdrawals, through Mountain View Seniors Housing.

### Some sample hot lunch meal menus:

- Sweet & Sour Pork
  - Fried Rice
  - Egg Rolls
- Stir Fry Veggies
  
- Roast Beef with Gravy
  - Mashed Potatoes
  - Carrots / Turnip
  
- Seasoned Salmon
- Oven Roasted Potatoes
- Cream Onions / Peas
  
- BBQ Chicken
- Boiled Potato
- Cauliflower

**To register for the Meals on Wheels program, please call our office at 403.940.3327.**