edmonton meals on wheels
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NOVEMBER 2026 SCHEDULED MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chef's Choice Soup **Chef's Choice** Broccoli Cheesesteak	2 Sherried Mushroom Soup **Apple Cider Chicken w/ Lyonnaise Potato** Pastrami & Swiss on Rye	3 Sweet & Sour Pork Soup **Maple Salmon w/ Parisian Veggies** Cucumber & Cream Cheese Sandwich	4 Asian Beef & Vegetable Soup **Baked Feta & Chickpeas** Lemon Dill Salmon Salad Sandwich	5 Vegetable Barley Soup **Stuffed Peppers w/ Braised Red Cabbage** Fried Egg & Cheese Sandwich	6 Cheddar & Ale Soup **Butternut Squash & Mushroom Tart** Cuban Sandwich	7 Chef's Choice Soup **Chef's Choice** Vegetable, Feta & Arugula on Focaccia
8 Chef's Choice Soup **Spaghetti & Meatballs** BBQ Chicken Quesadilla	9 Minestrone Soup **Roast Beef Dinner** Egg Salad Sandwich	10 Tomato & Green Bean Soup **Basa Fillet & Honey Roast Shallot** Italian Sub	11 Chef's Choice Soup **Chef's Choice** Sausage & Cheese on English Muffin	12 3-Onion Bouillon Soup **Harvest Bowl w/ Chicken, Squash, Kale & Quinoa** Smoky Grilled Cheese	13 Split Pea & Ham Soup **Italian Vegetable Risotto** Dill Pickle Chicken Wrap	14 Chef's Choice Soup **Spinach & Artichoke Lasagna** Bologna & Mustard Sandwich
15 Chef's Choice Soup **Chef's Choice** Roast Beef Sandwich w/ Horseradish	16 Beef Barley Soup **Orange Chicken w/ Stir Fry Medley** Roast Beef Sandwich w/ Mushroom	17 Carrot & Ginger Soup **Maple Dijon Pork Tenderloin** Turkey Bacon BLT w/ Pesto Mayo	18 Chicken & Rice Soup **Taco Beef Lasagna** Chicken Waldorf Wrap	19 Root Vegetable Soup **Beef Stir Fry Bowl** Ham & Cheese Sandwich w/ Dijonanise	20 Broccoli Cheddar Soup **Tarragon Chicken w/ Egg Noodle** Meatball Sub	21 Chef's Choice Soup **Chef's Choice** Mango Tuna Salad Sandwich
22 Chef's Choice Soup **Honey Garlic Bratwurst w/ Pierogis** Bacon Grilled Cheese	23 Leek & Mushroom Soup **Tomato, Spinach & Feta Quiche** Italian Sub	24 Roasted Cauliflower Soup **Bacon-wrapped Cod w/ Couscous** Roasted Vegetable Focaccia	25 Chicken Noodle Soup **Mac & Cheese Au Gratin** Curried Tuna & Pineapple Sandwich	26 Cream of Tomato Soup **Chicken & Broccoli w/ Rice Pilaf** Bologna & Cheese Sandwich	27 Gnocchi Vegetable Soup **Butter Chickpeas w/ Naan** Chicken Stir Fry Sub	28 Chef's Choice Soup **Fettucine w/ Cauliflower Alfredo Sauce** Vegetable Burrito
29 Chef's Choice Soup **Chef's Choice** Pulled Pork Slider	30 Vegetable Barley Soup **Tikka Masala w/ Rice Pilaf** Tuna Melt Sandwich					

Meals are delivered Monday to Friday 10:30am -1:00pm

This menu is subject to change without notice and may contain alternatives based on your diet restrictions.

Please provide 48 hours' notice for order cancellation.

