SOOKE MEALS ON WHEELS MENU

Menu subject to change

NOVEMBER 2026

Su	Monday	Tue	Wednesday	Thu	Friday	Sat
1	2 Soup Pork Loin Vegetables Dessert	3	4 Soup Cowboy Beans and Beef Vegetables Dessert	5	6 Soup Creamy Chicken Pesto Pasta Vegetables Dessert	7
8	9 Cream of Mushroom Soup Sweet and Sour Meatballs and Rice Vegetables Dessert	10	11 Soup Shake and Bake Chicken Vegetables Dessert	12	13 French Onion Soup Mac and Cheese Casserole Vegetables Dessert	14
15	16 Soup Encrusted White Fish Vegetables Dessert	17	18 Soup Chinese Stir Fry Vegetables Dessert	19	20 Soup Chili Vegetables Dessert	21
22	23 Beef and Barley Soup Pasta Casserole with Sausage Vegetables Dutch Apple Squares	24	25 Soup Roast Pork Vegetables Dessert	26	27 Clam Chowder Chicken Scallopini Vegetables Dessert	28
29	30 Soup Chef's Choice Vegetables Dessert	31				

Sooke MOW Kitchen 250-664-7222 www.sookemealsonwheels.com sookemow@gmail.com