



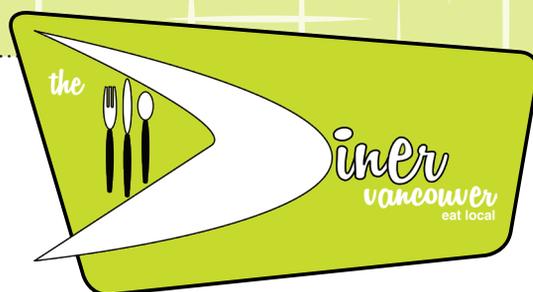
## meals on wheels people **menu**

Diners must be enrolled in our  
“Meals on Wheels People Diner Club”  
in order to make selections from this menu.  
Due to federal guidelines, no substitutions  
may be made when ordering.

Prices listed are the meal value.  
Diners are asked to consider making  
a donation towards their meal.

This menu is available  
Monday - Friday, 7 a.m. - 2 p.m.  
Club members may eat once per day.

Donations are accepted via cash or major  
credit card. Sorry, no checks.



## BREAKFAST *Served All Day*

### THE MOWP DINER'S TRADITIONAL \$5.95

Two farm-fresh eggs\* cooked to order, veggie hash, fruit, a choice of a pancake or whole wheat toast and milk

### MOWP'S VANCOUVER VEGGIE OMELET \$7.95

Two farm-fresh eggs\*, onions, mushrooms, tomatoes, spinach and peppers. Served with breakfast potatoes, fruit, whole wheat toast and milk

### MOWP'S VEGGIE SCRAMBLE \$8.95

Two farm-fresh eggs\*, potatoes, herbs and cheese, mushrooms, spinach, peppers, onions, fresh tomatoes and avocado slices. Served with fruit, whole wheat toast and milk

### MOWP'S AVOCADO TOAST \$5.95

Mashed avocado, tomatillo, onions, cilantro and lime juice with two farm-fresh eggs\* cooked to order on whole wheat bread. Served with veggie hash, fruit and milk

## LUNCH *Available after 11 a.m.*

### THE MOWP CLASSIC DINER BURGER \$7.95

One-quarter pound local beef patty, shredded iceberg lettuce, tomato, onion and house sauce on a brioche bun. Served with a side salad with balsamic vinaigrette, fruit and milk

### THE MOWP CLASSIC VEGGIE BURGER \$8.95

A delicious vegetarian patty, guacamole, tomato, onion, and house aioli on a brioche bun. Served with seasonal vegetables, fruit and milk

### MOWP'S TUNA SALAD SANDWICH \$6.95

House-made tuna salad, lettuce and tomato on whole wheat bread. Served with a side salad, fruit and milk

### MOWP'S CHICKEN CAESAR SALAD \$6.95

Crispy romaine, croutons, shredded parmesan with our house Caesar dressing and grilled chicken breast. Served with a whole wheat dinner roll and milk

### *Diner Specials*

### MOWP'S VANCOUVER MEATLOAF \$8.95

House-made meatloaf with creamy garlic mashed potatoes. Served with seasonal vegetables, fruit, whole wheat dinner roll and milk

### MOWP'S CHICKEN SHEPARD'S PIE \$8.95

Made with chicken, carrots, peas, and cheesy mashed potatoes, served with seasonal vegetables, fruit, whole wheat dinner roll and milk

### MOWP'S SMOTHERED PORK CHOP \$8.95

Roasted center-cut pork chop smothered in caramelized onions. Served with creamy garlic mashed potatoes, seasonal vegetables, fruit, whole wheat dinner roll and milk

\*Notice: Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase risk of food borne illness.

Please present your Meals on Wheels People Diner Club card to your server for each visit.