

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Ham Penne Alfredo with Peas & Caramelized Onions Minestrone Soup Mandarin Orange | Roast Beef with Gravy Mashed Potatoes & Vegetables Dessert | Traditional Fish Chowder Cornbread Garden Salad Dessert | Roast Ham with Brown Sugar Glaze Mashed Potatoes & Veggies Maple Butternut Squash Soup Dessert | Bacon, Spinach & Cheddar Frittata Oven Roasted Potatoes Chicken Vegetable Soup Dessert |
| 10 | 11 | 12 | 13 | 14 |
| Teriyaki Meatballs Fried Rice Vegetables Dessert | Shepherd's Pie Buttermilk Biscuit Cream of Broccoli Soup Dessert | Chicken Tetrizzini Focaccia Wedge Tomato Basil Soup Dessert | Baked Haddock with Lemon Butter Rice Pilaf & Vegetables Dessert | Lasagna Garden Salad Focaccia Wedge Banana |
| 17 | 18 | 19 | 20 | 21 |
| Hungarian Beef Goulash Buttered Noodles Potato & Leek Soup Dessert | Bangers & Mash Sauerkraut & Veggies Split Pea Soup Dessert | Ham & Cheddar Frittata Oven Roasted Potatoes Beef Vegetable Soup Dessert | Salisbury Steak with Mushroom Gravy Mashed Potatoes & Vegetables Mandarin Orange | Chili Con Carne Garden Salad Cornbread Dessert |
| 24 | 25 | 26 | 27 | 28 |
| Baked Penne with Sausage & Peppers Garden Salad Dessert | Lemon Herb ¼ Chicken Leg Rice Pilaf Vegetables Dessert | Macaroni & Cheese Buttered Peas Garden Salad Apple | Haddock with Dill Cream Sauce Steamed Potatoes with Butter & Veggies Tomato Basil Soup Dessert | Shepherd's Pie Buttermilk Biscuit Maple Butternut Squash Soup Dessert |
| Please note menu is subject to change without notice. | | | February | Halifax Meals on Wheels info@halifaxmealsonwheels.ca 902-429-4299 |