

Option 1

Entrée
+ Dessert

APRIL 2024

**** REGULAR MENU ****
Halifax Meals on Wheels

Please Note We reserve the right to make substitutions if necessary

Option 2

Entrée
+ Dessert
+ Soup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Delivered Thursday)
Tomato Veg Soup	Beef Barley Soup	Squash Soup	Chicken Rice Soup	Chili Con Carne
WEEK 2 1	2	3	4	5
R-Roast Turkey w/Mash Pot & Veg	R-Atlantic Salmon w Rice Pilaf	R-Roast Beef w/Mash Pot & Veg	R-Roast Pulled Pork w/Mash Pot	R-Baked Haddock w/Pot & Veg
OR	OR	OR	OR	OR
A-Penne Marinara	A-Shepherds Pie	A-Teriyaki Chicken Stir Fry	A-Rigatoni & Cheese	A-Steak & Mushroom Pie
WEEK 3 8	9	10	11	12
R-Braised Beef Bourguignon w/fettuccini	R-Roasted BBQ Chicken Dinner	Baked Ham Dinner w/Pot & Veg	R-Baked Haddock w/Pot & Veg	Sweet & Sour Chicken w/Rice & Veg
OR	OR	OR	OR	OR
A-Chicken Pot Pie	A-Penne Bolognese	A-Cold Plate w/Potato or Pasta Salad	A-Teriyaki Chicken Stir Fry	A-Penne Marinara
WEEK 4 15	16	17	18	19
R-Atlantic Salmon w Rice Pilaf	R-Roast Beef w/Mash Pot & Veg	R-Roasted BBQ Chicken Dinner	Baked Ham Dinner w/Pot & Veg	R-Baked Haddock w/Pot & Veg
OR	OR	OR	OR	OR
A-Steak & Mushroom Pie	A-Roasted Vegetable Pot Pie	A-Rigatoni & Cheese	A-Penne Bolognese	A-Teriyaki Chicken Stir Fry
WEEK 5 22	23	24	25	26
Sweet & Sour Chicken w/Rice & Veg	R-Roast Pulled Pork w/Mash Pot	R-Roast Turkey w/Mash Pot & Veg	R-Roast Beef w/Mash Pot & Veg	R-Atlantic Salmon w Rice Pilaf
OR	OR	OR	OR	OR
A-Cold Plate w/Potato or Pasta Salad	A-Penne Marinara	A-Steak & Mushroom Pie	A-Roasted Vegetable Pot Pie	A-Penne Bolognese
WEEK 1 29	30			
Sweet & Sour Chicken w/Rice & Veg	R-Braised Beef Bourguignon w/fettuccini			
OR	OR	OR	OR	OR
A-Shepherds Pie	A-Chicken Pot Pie			
Date Square	Chocolate Macaroon	Brownie	Peanut Butter Cookie	Butterscotch Square

NAME:

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