

Option 1

Entrée
+ Dessert

April 2026

**** 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 (Delivered Tuesday)	THURSDAY	FRIDAY (Delivered Thursday)
Chicken w/ Rice Soup	Potato and Leek Soup	Split Pea w/ Ham Soup	Tomato w/ Parm Soup	Beef and Barley Soup
WEEK 1		1	2	3
		R - Chicken Pot Pie w/ Vegetables OR A - Rigatoni in Blush Sauce w/ Parmesean (v)	R - Chef's Special Feature! OR A - House Chili on Baked Potato w/ Vegetables	R - Fishcakes w/ Vegetables & Chow OR A - Cheddar Broccoli Casserole on Rice (v)
WEEK 2	6	7	8	9
R - Chicken Parmesean w/ Marinara on Linguini	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
A - Breakfast for Lunch w/ Omelette	A - Bacon Mac and Cheese	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Lasagna w/ Marinara and Parmesan	A - Pierogies w/ Bacon and Cheddar
WEEK 3	13	14	15	16
R - BBQ Chicken Leg w/ Roasted Potatoes & Veg	R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
A - Lasagna w/ Marinara and Parmesan	A - House Chili on Baked Potato w/ Vegetables	A - Rigatoni in Blush Sauce w/ Parmesean (v)	A - Breakfast for Lunch w/ Omelette	A - Bacon Mac and Cheese
WEEK 4	20	21	22	23
R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Meatloaf w/Gravy, mashed potatoes + veg	R - Chicken Pot Pie w/ Vegetables	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
A - Curry Chicken Penne	A - Cheddar Broccoli Casserole on Rice (v)	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Penne Marinara w/ meatballs	A - Pierogies w/ Bacon and Cheddar
WEEK 5	27	28	29	30
R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Chicken Parmesean w/ Marinara on Linguini	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
A - Bacon Mac and Cheese	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Cheddar Broccoli Casserole on Rice (v)	A - Creamy Penne Primavera (v)	A - House Chili on Baked Potato w/ Vegetables
+ Dessert of the Day				

NAME:

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