

Option 1

Entrée
+ Dessert

February 2026

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)
Tomato and Macaroni Soup	Beef and Barley Soup	Cream of Broccoli Soup	Turkey Noodle Soup	French Onion Soup
WEEK 3 2	3	4	5	6
R - Teriyaki Chicken w/ rice + veg stir fry and beans	R - Meatloaf w/ mashed potatoes + veg	R - Lasagna w/ Marinara and Parmesan	R - Chef's Special Feature!	R - Fish Friday w/ mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Fettuccine Alfredo w/ Parmesan (v)	A - Western Omelette, sausage, and hash browns	A - Veggie Stew w/ rice (v)	A - Cold Plate	A - Chicken Tetrazzini on Linguini
WEEK 4 9	10	11	12	13
R - BBQ Pulled Pork w/ herb roasted pot. and veg	R - Roasted Turkey w/ pot, veg, gravy, stuffing	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Fish Friday w/ mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Veggie Stew w/ rice (v)	A - Flat Bread Pizza	A - Fettuccine Alfredo w/ Parmesan (v)	A - Bacon Mac and Cheese	A - Roasted Vegetable Tortellini (v)
WEEK 5 16	17	18	19	20
HERITAGE DAY NO MEAL DELIVERY	R - BBQ Pulled Pork w/ herb roasted pot. and veg	R - Meatloaf w/ mashed potatoes + veg	R - Chef's Special Feature!	R - Fish Friday w/ mashed potatoes and veg.
	OR	OR	OR	OR
	A - Cold Plate	A - Veggie Stew w/ rice (v)	A - Beef Stroganoff Pilaf	A - Lasagna w/ Marinara and Parmesan
WEEK 1 23	24	25	26	27
R - Meatloaf w/ mashed potatoes + veg	R - Teriyaki Chicken w/ rice + veg stir fry and beans	R - Western Omelette, sausage, and hash browns	R - Chef's Special Feature!	R - Fish Friday w/ mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Cold Plate	A - Bacon Mac and Cheese	A - Penne Marinara w/ meatballs	A - Fettuccine Alfredo w/ Parmesan (v)	A - Roasted Turkey w/ pot, veg, gravy, stuffing
+ Dessert of the Day				
NAME:				
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