

Option 1

Entrée
+ Dessert

July 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 5 1	2	3	4	5
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 8	9	10	11	12
R-Sweet & Sour Chicken w/Rice & Veg	R-Braised Beef Bourguignon w/fettuccini	R-Roasted BBQ Chicken Dinner	R-Baked Haddock w/Pot & Veg	R-Baked Ham Dinner w/Pot & Veg
OR	OR	OR	OR	OR
A-Shepherds Pie	A-Chicken Pot Pie	A-Cold Plate w/Potato or Pasta Salad	A-Teriyaki Chicken Stir Fry	A-Rigatoni & Cheese
WEEK 2 15	16	17	18	19
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 22	23	24	25	26
R-Braised Beef Bourguignon w/fettuccini	R-Roasted BBQ Chicken Dinner	R-Baked Ham Dinner w/Pot & Veg	R-Baked Haddock w/Pot & Veg	R-Sweet & Sour Chicken w/Rice & Veg
OR	OR	OR	OR	OR
A-Chicken Pot Pie	A-Cold Plate w/Potato or Pasta Salad	A-Penne Bolognese	A-Teriyaki Chicken Stir Fry	A-Penne Marinara
WEEK 4 29	30	31		
R-Atlantic Salmon w Rice Pilaf	R-Roast Beef w/Mash Pot & Veg	R-Roasted BBQ Chicken Dinner		
OR	OR	OR		
A-Steak & Mushroom Pie	A-Roasted Vegetable Pot Pie	A-Rigatoni & Cheese		
Date Square	Chocolate Macaroon	Brownie	Peanut Butter Cookie	Butterscotch Square

NAME: