

Option 1

Entrée
+ Dessert

JULY 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	Carrot & Ginger Soup	Curry Chicken & Veg	Tomato w/ Parm Soup	Beef and Barley Soup
WEEK 4		01-Jul	2	3
		R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
		OR	OR	OR
		A - Rigatoni in Blush Sauce w/ Parmesean (v)	A - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	A - Meatloaf w/Gravy, mashed potatoes + veg
WEEK 5	6	7	8	9
R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Chicken Parmesan w/ Marinara on Linguini	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
A - Cold Plate	A - Sausage & Peppers w Penne	A - Cheddar Broccoli Casserole on Rice (v)	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Lasagna w/ Marinara and Parmesan
WEEK 1	13	14	15	16
R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	R - Chicken Pot Pie w/ Vegetables	R - BBQ Chicken Leg w/ Roasted Potatoes & Veg	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Meatloaf w/Gravy, mashed potatoes + veg	A - Bacon Mac and Cheese	A - Vegetable Succotash w Rice Pilaf (v)	A - Oven Roasted Pork Chop Dinner w/ Gravy	A - Chicken Parmesan w/ Marinara on Linguini
WEEK 2	20	21	22	23
R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
A - Lasagna w/ Marinara and Parmesan	A - Meatloaf w/Gravy, mashed potatoes + veg	A - Cold Plate	A - Chicken Pot Pie w/ Vegetables	A - Vegetable Succotash w Rice Pilaf (v)
WEEK 3	27	28	29	30
R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Maple Glazed Salmon w/ Mashed Potato & Veg	R - Chicken Pot Pie w/ Vegetables	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Sausage & Peppers w Penne	A - Cheddar Broccoli Casserole on Rice (v)	A - Bacon Mac and Cheese	A - BBQ Chicken Leg w/ Roasted Potatoes & Veg	A - Cold Plate
+ Dessert of the Day				

NAME:

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