

Option 1

Entrée
+ Dessert

JUNE 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 5 1	2	3	4	5
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 - Maple Glazed Salmon w/ Mashed Potato & Veg	A - Pierogies w/ Bacon and Cheddar	A - Rigatoni in Blush Sauce w/ Parmesean (v)	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Lasagna w/ Marinara and Parmesan
WEEK 1 8	12	13	14	15
R - Chicken Pot Pie w Vegetables	R - Meatloaf w/Gravy, mashed potatoes + veg	R - BBQ Chicken Leg w/ Roasted Potatoes & Veg	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
A - Beef & Mushroom Stew w/ Mashed Potatoes	A - Bacon Mac and Cheese	A - Cheddar Broccoli Casserole on Rice (v)	A - Oven Roasted Pork Chop Dinner w/ Gravy	A - Chicken Parmesan w/ Marinara on Linguini
WEEK 2 15	16	17	18	19
R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Curry Chicken Penne	R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
A - Lasagna w/ Marinara and Parmesan	A - Meatloaf w/Gravy, mashed potatoes + veg	A - Maple Glazed Salmon w/ Mashed Potato & Veg	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Rigatoni in Blush Sauce w/ Parmesean (v)
WEEK 3 22	23	24	25	26
A - Chicken Pot Pie w/ Vegetables	R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
A - Pierogies w/ Bacon and Cheddar	A - Fishcakes w/ Vegetables & Chow	A - Cheddar Broccoli Casserole on Rice (v)	R - BBQ Chicken Leg w/ Roasted Potatoes & Veg	A - Bacon Mac and Cheese
WEEK 4 29	30	01-Jul	2	3
R - Beef & Mushroom Stew w/ Mashed Potatoes	A - Chicken Pot Pie w/ Vegetables	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
A - Curry Chicken Penne	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Rigatoni in Blush Sauce w/ Parmesean (v)	R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	R - Meatloaf w/Gravy, mashed potatoes + veg

+ Dessert of the Day

NAME:

info@halifaxmealsonwheels.ca

902 429 4299