

# Option 1

Entrée  
+ Dessert

# May 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
<b>WEEK 1 4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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 - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Rigatoni in Blush Sauce w/ Parmesean (v)	A - Bacon Mac and Cheese	A - Pierogies w/ Bacon and Cheddar	A - Oven Roasted Pork Chop Dinner w/ Gravy	A - Chicken Parmesan w/ Marinara on Linguini
<b>WEEK 2 11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
R - Curry Chicken Penne	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 - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Cheddar Broccoli Casserole on Rice (v)	A - Fishcakes w/ Vegetables & Chow	A - Meatloaf w/ Gravy, mashed potatoes + veg	A - Lasagna w/ Marinara and Parmesan
<b>WEEK 3 18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>VICTORIA DAY NO DELIVERY</b>	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 - Maple Glazed Salmon w/ Mashed Potato & Veg	A - Rigatoni in Blush Sauce w/ Parmesean (v)	A - Chicken Pot Pie w/ Vegetables	A - Bacon Mac and Cheese
<b>WEEK 4 25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Lasagna w/ Marinara and Parmesan	R - Honey Garlic Chicken w/ Rice & Stir Fry Veg	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
A - Curry Chicken Penne	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Chicken Parmesean w/ Marinara on Linguini	A - Cheddar Broccoli Casserole on Rice (v)	A - Roast Beef Dinner w/ mash pot., veg, gravy

+ Dessert of the Day

**NAME:**

[info@halifaxmealsonwheels.ca](mailto:info@halifaxmealsonwheels.ca)

902 429 4299