Option 1

Entrée

+ Dessert

November 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	Creamy Zucchini Leek Soup	Italian Wedding Soup	Tomato w/ Parm Soup	Beef and Barley Soup
WEEK 2 2	3	4	5	6
R - Oven Roasted Pork Chop Dinner w/ Gravy	R- BBQ Chicken w/ Roasted Potatoes & Veg	R - Beef & Mushroon Stew w/ Mashed Potatoes	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Lasagna w/ Marinara and Parmesan	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Pan Seared Perogies w/ Peppers & Onion (v)	A - Chicken Pot Pie w/ Vegetables	A - Shepherds Pie
WEEK 3 9	10	11	12	13
R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Vegetable Pad Thai (v)	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
A- Sausage & Peppers w Penne	A- Chicken Mushroom Penne	A - Lasagna w/ Marinara and Parmesan	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Beef & Mushroon Stew w/ Mashed Potatoes
WEEK 4 16	17	18	19	20
R - Shepherds Pie	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Maple Glazed Salmon w/ Mashed Potato & Veg	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Chicken Pot Pie w/ Vegetables	A - Pan Seared Perogies w/ Peppers & Onion (v)	A- Sausage & Peppers w Penne	A - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	A- Chicken Mushroom Penne
WEEK 5 23	24	25	26	27
R - Vegetable Pad Thai (v)	R- Chicken Pot Pie w/ Vegetables	R - Oven Roasted Pork Chop Dinner w/ Gravy	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Lasagna w/ Marinara and Parmesan	A - BBQ Chicken w/ Roasted Potatoes & Veg	A - Shepherds Pie	A - Roast Beef Dinner w/ mash pot., veg, gravy
WEEK 1 30				
R - Beef & Mushroon Stew w/ Mashed Potatoes				
OR				
A - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables				
+ Dessert of the Day				

NAME:

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PLEASE RETURN BY OCTOBER 22