

Option 1

Entrée
+ Dessert

November 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 Hamburger Soup	Beef Barley Soup	Cream of Potato/Leek	Split Pea & Ham	Chili Con Carne
WEEK 3 4	5	6	7	8
R-Roast Pulled Pork w/Mash Pot	R-Roasted BBQ Chicken Dinner	R-Baked Ham Dinner w/Pot & Veg	R-Baked Haddock w/Pot & Veg	R-Bangers/Mash & Baked Beans
OR	OR	OR	OR	OR
A-Roasted Vegetable Pot Pie	A-Cold Plate w/Potato or Pasta Salad	A-Turkey Ala King w Fettuccini	A-Penne Bolognese	A-Vegetable/Chickpea Stew w Basmati Rice
WEEK 4 11	12	13	14	15
R-Atlantic Salmon w Rice Pilaf	R-Roast Beef w/Mash Pot & Veg	R-Sweet & Sour Chicken w/Rice & Veg	R-Baked Ham Dinner w/Pot & Veg	R-Baked Haddock w/Pot & Veg
OR	OR	OR	OR	OR
A-Steak & Mushroom Pie	A-Roasted Vegetable Pot Pie	A-Penne Bolognese	A-Cheese Omelette w Hash Browns	A-Turkey Ala King w Fettuccini
WEEK 5 18	19	20	21	22
R-Roast Turkey w/ Mash Pot & Veg	R-Roast Pulled Pork w/Mash Pot	R-Roasted BBQ Chicken Dinner	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-Vegetable/Chickpea Stew w Basmati Rice	A-Steak & Mushroom Pie	A-Roasted Vegetable Pot Pie	A-Shepherds Pie
WEEK 1 25	26	27	28	29
R-Sweet & Sour Chicken w/Rice & Veg	R-Roasted BBQ Chicken Dinner	R-Bangers/Mash & Baked Beans	R-Baked Haddock w/Pot & Veg	R-Baked Ham Dinner w/Pot & Veg
OR	OR	OR	OR	OR
A-Steak & Mushroom Pie	A-Penne Bolognese	A-Shepherds Pie	A-Turkey Ala King w Fettuccini	A-Cheese Omelette w Hash Browns
Date Square	Molasses/Ginger Cookie	Brownie	Chocolate Chip Cookie	Cinnamon Biscuit

NAME: