

Option 1

Entrée
+ Dessert

November 2025

**** 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)
Tomato and Macaroni Soup	Beef and Barley Soup	Cream of Broccoli Soup	Turkey Noodle Soup	French Onion Soup
WEEK 5 3	4	5	6	7
R - Western Omelette, sausage, and hash browns	R - BBQ Pulled Pork w/herb roasted pot. and veg	R - Meatloaf w/mashed potatoes + veg	R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Chicken Tetrizzini on Linguini	A - Cold Plate	A - Veggie Stew w/ rice (v)	A - Beef Stroganoff Pilaf	A - Lasagna w/ Marinara and Parmesan
WEEK 1 10	11	12	13	14
R - Meatloaf w/mashed potatoes + veg	REMEMBRANCE DAY NO MEAL DELIVERY		R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR			OR	OR
A - Cold Plate			A - Fettuccine Alfredo w/ Parmesan (v)	A - Roasted Turkey w/pot, veg, gravy, stuffing
WEEK 2 17	18	19	20	21
R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Beef Stroganoff Pilaf	R - BBQ Pulled Pork w/herb roasted pot. and veg	R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Penne Marinara w/ meatballs	A - Chicken Tetrizzini on Linguini	A - Roasted Vegetable Tortellini (v)	A - Flat Bread Pizza	A - Bacon Mac and Cheese
WEEK 3 24	25	26	27	28
R - Teriyaki Chicken w/rice + veg stir fry and beans	R - Meatloaf w/mashed potatoes + veg	R - Lasagna w/ Marinara and Parmesan	R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Fettuccine Alfredo w/ Parmesan (v)	A - Western Omelette, sausage, and hash browns	A - Veggie Stew w/ rice (v)	A - Cold Plate	A - Chicken Tetrizzini on Linguini

+ Dessert of the Day

NAME:

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