

Option 1

Entrée
+ Dessert

October 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			1	2
			R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
			OR	OR
			A - Chicken Pot Pie w/ Vegetables	A - Pan Seared Perogies w/ Peppers & Onion (v)
WEEK 3	5	6	7	8
R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Maple Glazed Salmon w/ Mashed Potato & Veg	R - Chicken Pot Pie w/ Vegetables	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
A - Sausage & Peppers w/ Penne	A - BBQ Chicken Leg w/ Roasted Potatoes & Veg	R - Beef & Mushroom Stew w/ Mashed Potatoes	A - Vegetable Pad Thai (v)	A - Chicken Mushroom Penne
WEEK 4	12	13	14	15
Thanksgiving Day	A - Lasagna w/ Marinara and Parmesan	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
	OR	OR	OR	OR
NO DELIVERY	R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	A - Pan Seared Perogies w/ Peppers & Onion (v)	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Shepherds Pie
WEEK 5	19	20	21	22
R - Oven Roasted Pork Chop Dinner w/ Gravy	A - Lasagna w/ Marinara and Parmesan	R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	R - Chef's Special Feature!	R - Fishcakes w/ Vegetables & Chow
OR	OR	OR	OR	OR
R - BBQ Chicken Leg w/ Roasted Potatoes & Veg	A - Vegetable Pad Thai (v)	A - Sausage & Peppers w/ Penne	A - Shepherds Pie	R - Chicken Pot Pie w/ Vegetables
WEEK 1	26	27	28	29
R - Honey Garlic Chicken w/ Rice & Stir Fry Vegetables	A - Maple & Brown Sugar Glazed Ham w/ Mashed Pot	A - Chicken Mushroom Penne	R - Chef's Special Feature!	R - Maple Glazed Salmon w/ Mashed Potato & Veg
OR	OR	OR	OR	OR
R - Beef & Mushroom Stew w/ Mashed Potatoes	R - Roast Beef Dinner w/ mash pot., veg, gravy	A - Pan Seared Perogies w/ Peppers & Onion (v)	A - Oven Roasted Pork Chop Dinner w/ Gravy	A - Shepherds Pie

+ Dessert of the Day

NAME:

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PLEASE RETURN BY SEPTEMBER 24