

## Option 1

Entrée  
+ Dessert

## October 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			2	3
			R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
			OR	OR
			A - Beef Stroganoff Pilaf	A - Lasagna w/ Marinara and Parmesan
WEEK 1 6	7	8	9	10
R - Meatloaf w/mashed potatoes + veg	R - Teriyaki Chicken w/rice + veg stir fry and beans	R - Western Omelette, sausage, and hash browns	R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Cold Plate	A - Bacon Mac and Cheese	A - Penne Marinara w/ meatballs	A - Fettuccine Alfredo w/ Parmesan (v)	A - Roasted Turkey w/pot, veg, gravy, stuffing
WEEK 2 13	14	15	16	17
NO MEAL DELIVERY	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
	A - Chicken Tetrizzini on Linguini	A - Roasted Vegetable Tortellini (v)	A - Flat Bread Pizza	A - Bacon Mac and Cheese
WEEK 3 20	21	22	23	24
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 - Cold Plate	A - Veggie Stew w/ rice (v)	A - Chicken Tetrizzini on Linguini
WEEK 5 27	28	29	39	31
R - BBQ Pulled Pork w/herb roasted pot. and veg	R - Roasted Turkey w/pot, veg, gravy, stuffing	R - Roast Beef Dinner w/ mash pot., veg, gravy	R - Chef's Special Feature!	R - Fish Friday w/mashed potatoes and veg.
OR	OR	OR	OR	OR
A - Veggie Stew w/ rice (v)	A - Flat Bread Pizza	A - Fettuccine Alfredo w/ Parmesan (v)	A - Bacon Mac and Cheese	A - Roasted Vegetable Tortellini (v)
+ Dessert of the Day				
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