

Client Name: _____

April 2026



Delivery: Monday, Wednesday, Friday 11am - 1pm

Menu is Subject to Change

MONDAY APRIL 06 HOT		COLD WEDNESDAY APRIL 08 HOT		COLD FRIDAY APRIL 10 HOT	
Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding Baked goods delivered today		Meatloaf with Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream		Chicken & Veggie Stir-Fry, Rice, Triple Chocolate Cookies	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY APRIL 13 HOT		COLD WEDNESDAY APRIL 15 HOT		COLD FRIDAY APRIL 17 HOT	
Spaghetti w/Meat Sauce, Garlic Bread, Fruit Cocktail		Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding		Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY APRIL 20 HOT		COLD WEDNESDAY APRIL 22 HOT		COLD FRIDAY APRIL 24 HOT	
Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears Baked goods delivered today		Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait		Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Chocolate Cake	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY APRIL 27 HOT		COLD WEDNESDAY APRIL 29 HOT		COLD FRIDAY MAY 1 HOT	
Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits		Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding		Salisbury Steak & Gravy, Broccoli, Home Fries, Pears	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP

ORDERING

- Make sure to include your name on the order form.
- Meal with dessert - \$9.00
- Soup - \$ 2.00
- New Clients pay a \$10.00 set up fee

SUBMITTING FORM

- Meals are ordered once monthly. In order to guarantee your meal choices we require at least one full week advance ordering.
- Keep one copy of the order form for yourself.

PAYMENT

Please wait to receive your invoice by the end of the month before submitting your payment.

Cash - in person

Cheque - made payable to Dartmouth Seniors Service Centre or DSSC

Credit Card - we keep your C.C. on file and payments are automatically processed at the end of the month

E-Transfer - to director@dartmouthseniors.ca

DELIVERY

- Monday, Wednesday and Friday 11am – 1pm
- For No Contact delivery please put a bag or container outside your door.
- Completed order forms, notes etc may be put in this bag.

FOOD SAFETY

- Provide a cooler with an ice pack so we can place your meal inside if you're not going to answer your door.**
- Meal should be consumed within 2 hours of delivery or placed in the fridge or freezer.**
- Meal must be thawed in your fridge, not on the counter**
- Reheat your meals in a microwave or in the oven. Remove plastic wrap first.**

For more information, contact Meals on Wheels:

(902) 465-5578 ext 216 mow@dartmouthseniors.ca