

Client Name: _____

May 2026



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

Menu is Subject to Change

MONDAY MAY 4 HOT		COLD WEDNESDAY MAY 6 HOT				COLD FRIDAY MAY 8 HOT			
Chicken Pot Pie, Broccoli, Yellow Beans, Vanilla Pudding		Beef Stew, Mashed Potato, Roll, Chocolate Chip Cookies		Roast Pork w/ Gravy, Mashed Potato, Peas, Caramel Pudding		Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream		Salmon Loin w/ Dill Sauce, Rice Pilaf, Veg of the Day, Trifle	
Baked goods delivered today									
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MAY 11 HOT		COLD WEDNESDAY MAY 13 HOT				COLD FRIDAY MAY 15 HOT			
Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding		Meatloaf with Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream		Chicken & Veggie Stir-Fry, Rice, Triple Chocolate Cookies		Shepherd's Pie, Three Bean Salad, Tea Biscuit, Fruited Jello		Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Bread Pudding	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MAY 18 HOT		COLD WEDNESDAY MAY 20 HOT				COLD FRIDAY MAY 22 HOT			
HOLIDAY		Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding		Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover		Baked Ham, Scalloped Potatoes, Broccoli, Pears		Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
		# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MAY 25 HOT		COLD WEDNESDAY MAY 27 HOT				COLD FRIDAY MAY 29 HOT			
Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail		Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait		Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Chocolate Cake		Boiled Ham Dinner w/ Cabbage, Potato, Carrot & Turnip, Peaches		Salt Cod Fish Cakes, Baked Beans, Roll, Apple Turnover	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# 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