

Client Name: _____

June 2026



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

Menu is Subject to Change

MONDAY JUNE 1 HOT		COLD WEDNESDAY JUNE 3 HOT				COLD FRIDAY JUNE 5 HOT			
Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits		Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding		Salisbury Steak & Gravy, Broccoli, Home Fries, Pears		Cold Plate with Ham & Roast Turkey, Potato Salad, Coleslaw, Roll, Cherry Cheesecake		Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Oatmeal Cookies	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY JUNE 8 HOT		COLD WEDNESDAY JUNE 10 HOT				COLD FRIDAY JUNE 12 HOT			
Macaroni & Cheese, Steamed Vegetables, Roll, Peaches		Chilli, Roll, Sugar Cookie		Roast Beef w/ Gravy, Mashed Potato, Carrots, Jello w/ Cream		Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake		Chicken Parmigiana, Pasta, Broccoli, Pineapple Delight	
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 JUNE 15 HOT		COLD WEDNESDAY JUNE 17 HOT				COLD FRIDAY JUNE 19 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	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY JUNE 22 HOT		COLD WEDNESDAY JUNE 24 HOT				COLD FRIDAY JUNE 26 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	
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 JUNE 29 HOT		COLD WEDNESDAY JULY 1 HOT				COLD FRIDAY JULY 3 HOT			
Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail		HOLIDAY NO DELIVERY				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

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