

Client Name: _____

July 2026



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

Menu is Subject to Change

| MONDAY JULY 6 HOT | | COLD WEDNESDAY JULY 8 HOT | | | | COLD FRIDAY JULY 10 HOT | | | |
|--|-----------|--|-----------|---|-----------|---|-----------|---|-----------|
| Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Raspberry Turnover | | 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 | |
| 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 JULY 13 HOT | | COLD WEDNESDAY JULY 15 HOT | | | | COLD FRIDAY JULY 17 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 JULY 20 HOT | | COLD WEDNESDAY JULY 22 HOT | | | | COLD FRIDAY JULY 24 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 JULY 27 HOT | | COLD WEDNESDAY JULY 29 HOT | | | | COLD FRIDAY JULY 31 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 |
| | | | | | | | | | |
| # 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