

Client Name: _____

August 2026



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

Menu is Subject to Change

MONDAY AUGUST 3 HOT		COLD WEDNESDAY AUGUST 5 HOT		COLD FRIDAY AUGUST 7 HOT					
HOLIDAY		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
MONDAY AUGUST 10 HOT		COLD WEDNESDAY AUGUST 12 HOT		COLD FRIDAY AUGUST 14 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		Baked Ham, Scalloped Potatoes, Broccoli, Cherry Turnover		Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
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 AUGUST 17 HOT		COLD WEDNESDAY AUGUST 19 HOT		COLD FRIDAY AUGUST 21 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	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY AUGUST 24 HOT		COLD WEDNESDAY AUGUST 26 HOT		COLD FRIDAY AUGUST 28 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	
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 AUGUST 31 HOT		COLD SEPTEMBER 2 HOT		COLD SEPTEMBER 4 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	
# 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