

Client Name: _____

September 2026



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

Menu is Subject to Change

MONDAY SEPTEMBER 07 HOT		COLD WEDNESDAY SEPTEMBER 09 HOT				COLD FRIDAY SEPTEMBER 11 HOT			
HOLIDAY		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
MONDAY SEPTEMBER 14 HOT		COLD WEDNESDAY SEPTEMBER 16 HOT				COLD FRIDAY SEPTEMBER 18 HOT			
Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding		Meatloaf w/ 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 SEPTEMBER 21 HOT		COLD WEDNESDAY SEPTEMBER 23 HOT				COLD FRIDAY SEPTEMBER 25 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, Sugar Cookie		Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY SEPTEMBER 28 HOT		COLD WEDNESDAY SEPTEMBER 30 HOT				COLD FRIDAY OCTOBER 02 HOT			
Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears		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
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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