

Client Name: _____

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

November 2026

Menu is Subject to Change



FROZEN MONDAY NOVEMBER 02 HOT				COLD WEDNESDAY NOVEMBER 04 HOT				COLD FRIDAY NOVEMBER 06 HOT			
Salmon Pie, Yellow Beans, Tea Biscuit, Butterscotch Pudding		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 SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
FROZEN MONDAY NOVEMBER 09 HOT				COLD WEDNESDAY NOVEMBER 11 HOT				COLD FRIDAY NOVEMBER 13 HOT			
Ground Beef & Pork Pie, Green Beans, Sliced Carrots, Chocolate Pudding		Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears		HOLIDAY NO DELIVERY				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
FROZEN MONDAY NOVEMBER 16 HOT				COLD WEDNESDAY NOVEMBER 18 HOT				COLD FRIDAY NOVEMBER 20 HOT			
Salmon Pie, Yellow Beans, Tea Biscuit, Vanilla Pudding		Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits		Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding		Salisbury Steak & Gravy, Broccoli, Home Fries, Raspberry Turnover		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	# OF MEALS	# OF SOUP
FROZEN MONDAY NOVEMBER 23 HOT				COLD WEDNESDAY NOVEMBER 25 HOT				COLD FRIDAY NOVEMBER 27 HOT			
Ground Beef & Pork Pie, Green Beans, Sliced Carrots, Chocolate Pudding		Macaroni & Cheese, Steamed Vegetables, Roll, Peaches		Chilli, Roll, Cherry Turnover		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	# OF MEALS	# OF SOUP
FROZEN MONDAY NOVEMBER 30 HOT				COLD WEDNESDAY DECEMBER 2 HOT				COLD FRIDAY DECEMBER 4 HOT			
Salmon Pie, Yellow Beans, Tea Biscuit, Fruit Cocktail		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

ORDERING

PRICING

- 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