

Client Name: _____

February 2026



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

Menu is Subject to Change

MONDAY FEBRUARY 2 HOT		COLD WEDNESDAY FEBRUARY 4 HOT		COLD FRIDAY FEBRUARY 6 HOT	
Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits		Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding		Cold Plate with Ham & Roast Turkey, Potato Salad, Coleslaw, Cherry Cheesecake	
Baked goods delivered today				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
MONDAY FEBRUARY 9 HOT		COLD WEDNESDAY FEBRUARY 11 HOT		COLD FRIDAY FEBRUARY 13 HOT	
Macaroni & Cheese, Steamed Vegetables, Roll, Peaches		Chilli, Roll, Sugar Cookie		Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake	
		Roast Beef w/ Gravy, Mashed Potato, Carrots, Jello w/ Cream		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	# OF MEALS	# OF SOUP
MONDAY FEBRUARY 16 HOT		COLD WEDNESDAY FEBRUARY 18 HOT		COLD FRIDAY FEBRUARY 20 HOT	
HOLIDAY		Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover		Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream	
		Roast Pork w/ Gravy, Mashed Potato, Peas, Caramel Pudding		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
MONDAY FEBRUARY 23 HOT		COLD WEDNESDAY FEBRUARY 25 HOT		COLD FRIDAY FEBRUARY 27 HOT	
Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding		Meatloaf with Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream		Shepherd's Pie, Three Bean Salad, Tea Biscuit, Fruited Jello	
Baked goods delivered today		Chicken & Veggie Stir-Fry, Rice, Triple Chocolate Cookies		Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Bread Pudding	
# 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