

Client Name: _____

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

February 2026

Menu is Subject to Change



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