

Client Name: _____

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

March 2026

Menu is Subject to Change



MONDAY MARCH 02 HOT		COLD WEDNESDAY MARCH 04 HOT				COLD FRIDAY MARCH 6 HOT			
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MARCH 9 HOT		COLD WEDNESDAY MARCH 11 HOT				COLD FRIDAY MARCH 13 HOT			
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears		Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait				Boiled Ham Dinner w/ Cabbage, Potato, Carrot & Turnip, Peaches			
Baked goods delivered today						Salt Cod Fish Cakes, Baked Beans, Roll, Apple Turnover FREE BAG LUNCH			
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MARCH 16 HOT		COLD WEDNESDAY MARCH 18 HOT				COLD FRIDAY MARCH 20 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 FREE BAG LUNCH			
# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP	# OF MEALS	# OF SOUP
MONDAY MARCH 23 HOT		COLD WEDNESDAY MARCH 25 HOT				COLD FRIDAY MARCH 27 HOT			
Macaroni & Cheese, Steamed Vegetables, Roll, Peaches		Chilli, Roll, Sugar Cookie				Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake			
Baked goods delivered today						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
MONDAY MARCH 30 HOT		COLD WEDNESDAY APRIL 1 HOT				COLD FRIDAY APRIL 3 HOT			
Chicken Pot Pie, Broccoli, Yellow Beans, Vanilla Pudding		Beef Stew, Mashed Potato, Roll, Chocolate Chip Cookies				Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream			
Baked goods delivered today						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

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