

Client Name: _____

April 2024

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

Menu is Subject to Change

★ FREEZER FRIENDLY



MONDAY APR 1 HOT	COLD WEDNESDAY APR 3 HOT	COLD FRIDAY APR 5 HOT
Bangers & Mash, Onion Gravy, Peas, Soup, Pineapple Tidbits	Homemade Lasagna, Green Beans, Garlic Bread, Soup, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Soup, Pears
# OF MEALS =	# OF MEALS =	# OF MEALS =
MONDAY APR 8 HOT	COLD WEDNESDAY APR 10 HOT	COLD FRIDAY APR 12 HOT
Macaroni & Cheese, Steamed Vegetables, Roll, Soup, Peaches Baked goods delivered today	Roast Beef w/ Gravy, Mashed Potato, Carrots, Soup, Jello w/ Cream	Chilli, Roll, Soup, Pound Cake
# OF MEALS =	# OF MEALS =	# OF MEALS =
MONDAY APR 15 HOT	COLD WEDNESDAY APR 17 HOT	COLD FRIDAY APR 19 HOT
Chicken Pot Pie, Broccoli, Yellow Beans, Soup, Vanilla Pudding	Beef Stew, Roll, Soup, Chocolate Chip Cookies	Roast Pork w/ Gravy, Mashed Potato, Peas, Soup, Coconut Cake
# OF MEALS =	# OF MEALS =	# OF MEALS =
MONDAY APR 22 HOT	COLD WEDNESDAY APR 24 HOT	COLD FRIDAY APR 26 HOT
Honey Garlic 1/4 Chicken, Rice, Carrots, Soup, Coffee Cake Baked goods delivered today	Meatloaf w/ Gravy, Mashed Potato, Yellow Beans, Soup, Jello w/ Cream	Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Soup, Chocolate Cake
# OF MEALS =	# OF MEALS =	# OF MEALS =
MONDAY APR 29 HOT		
Spaghetti w/ Meat Sauce, Garlic Bread, Soup, Fruit Cocktail		
# OF MEALS =		

ORDERING

- Make sure to include your name on the order form.
- Meal with dessert and a soup - \$11.00
- 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