

Client Name: _____

June 2024



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

Menu is Subject to Change

★ FREEZER FRIENDLY

MONDAY JUNE 3 HOT	COLD WEDNESDAY JUNE 5 HOT	COLD FRIDAY JUNE 7 HOT
Honey Garlic 1/4 Chicken, Rice, Carrots, Soup, Coconut Pudding ★	Meatloaf with Gravy, Mashed Potato, Yellow Beans, Soup, Jello w/ Cream	Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Soup, Chocolate Cake ★
		Shepherd's Pie, Three Bean Salad, Tea Biscuit, Soup, Fruited Jello ★
		Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Soup, Bread Pudding
	# OF MEALS =	# OF MEALS =
		# OF MEALS =
MONDAY JUNE 10 HOT	COLD WEDNESDAY JUNE 12 HOT	COLD FRIDAY JUNE 14 HOT
Spaghetti w/ Meat Sauce, Garlic Bread, Soup, Fruit Cocktail ★ <div style="border: 1px solid black; padding: 2px; width: fit-content;">Baked goods delivered today</div>	Turkey a La King, Yellow Beans, Tea Biscuit, Soup, Chocolate Pudding ★	Pancakes, Scrambled Eggs, Sausage, Home Fries, Soup, Blueberry Turnover
		Baked Ham, Scalloped Potatoes, Broccoli, Soup, Pears
		Breaded Fish & Hashbrowns, Coleslaw, Soup, Apple Sauce & Ginger Cookie ★
	# OF MEALS =	# OF MEALS =
		# OF MEALS =
MONDAY JUNE 17 HOT	COLD WEDNESDAY JUNE 19 HOT	COLD FRIDAY JUNE 21 HOT
1/4 Baked Chicken Leg, Sweet Potato Mash, Gingered Carrots, Soup, Pears ★	Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Soup, Jello Pudding Parfait	Chicken & Veggie Stir-Fry, Rice, Soup, Triple Chocolate Cookies
		Boiled Ham Dinner w/ Cabbage, Potato, Carrot & Turnip, Soup, Peaches
		Salt Cod Fish Cakes, Baked Beans, Roll, Soup, Apple Turnover ★
	# OF MEALS =	# OF MEALS =
		# OF MEALS =
MONDAY JUNE 24 HOT	COLD WEDNESDAY JUNE 26 HOT	COLD FRIDAY JUNE 28 HOT
Bangers & Mash, Onion Gravy, Peas, Soup, Pineapple Tidbits ★ <div style="border: 1px solid black; padding: 2px; width: fit-content;">Baked goods delivered today</div>	Homemade Lasagna, Green Beans, Garlic Bread, Soup, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Soup, Pears
		Cold Plate with Ham & Roast Turkey, Potato Salad, Coleslaw, Soup, Cherry Cheesecake
		Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Soup, Oatmeal Cookies ★
	# OF MEALS =	# OF MEALS =
		# OF MEALS =
# OF MEALS =	# OF MEALS =	# OF MEALS =
# OF MEALS =	# OF MEALS =	# 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