



New Dawn
Meals on Wheels

Alternate 6-Week Menu 2026

Please note that the menu is subject to change.

All menu items can be enjoyed, within reason, as part of a Renal, Warfarin, Cardiac and Diabetic diet.

	Mondays	Tuesdays	Wednesdays	Thursdays
	<i>Wild</i>	<i>Chicken</i>	<i>Fish</i>	<i>Wild</i>
Week 1	Asian Style Pork Chops Renal Mash Vegetable Medley Alternate Soup	Baked Chicken Roasted Potatoes Vegetable Medley	Coconut Baked Fish Renal Mash Vegetable Medley Alternate Soup	Coconut Turmeric Chicken Vegetable Medley
Week 2	Steak Strips Renal Mash Vegetable Medley Alternate Soup	Honey Lime Chicken Breasts Renal Mash Vegetable Medley	Baked Haddock Renal Mash Vegetable Medley Alternate Soup	Slow Cooked Pork Loin Renal Mash Vegetable Medley
Week 3	Ground Pork Patties Vegetable Medley Alternate Soup	Roasted Chicken Renal Mash Vegetable Medley	Haddock Fish Cakes Vegetable Medley Alternate Soup	Roast Beef Renal Mash Vegetable Medley
Week 4	Sweet & Sour Pork Loin Vegetable Medley Alternate Soup	Pineapple Chicken Roasted Potatoes Vegetable Medley	Baked Lemon Fish Vegetable Medley Alternate Soup	Coconut Dill Chicken Renal Mash Vegetable Medley
Week 5	Chicken & Rice Bake Alternate Soup	Baked Chicken Renal Mash Vegetable Medley	Ginger Lime Tamari Haddock Renal Mash Vegetable Medley Alternate Soup	Renal Friendly Sheppard's Pie
Week 6	Meatloaf Renal Mash Vegetable Medley Alternate Soup	Special Chicken Roasted Potatoes Vegetable Medley	Red Pepper Haddock Renal Mash Vegetable Medley Alternate Soup	Pulled Pork Renal Mash Vegetable Medley

Our meals are made in a shared kitchen that also produces peanuts, tree-nuts, egg, milk, wheat (gluten), soy, sesame, fish, and shellfish. Please inform the Meals on Wheels coordinator of any allergies or dietary restrictions by calling 902-562-1245.

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