



New Dawn
Meals on Wheels

Regular 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 Cardiac and Diabetic diet.

	Mondays <i>Pasta/Rice</i>	Tuesdays <i>Meat/Potato/Veg</i>	Wednesdays <i>Wild</i>	Thursdays - Option 1 <i>Fish</i>	Thursdays - Option 2 <i>COLD Plates</i>
Week 1	Spaghetti & Meatballs Salad Garlic Bread	Baked Chicken Scalloped Potato Vegetable Medley	Shepherd's Pie Vegetable Medley	Haddock Aux Gratin Potato Vegetable Medley	Chicken Cold Plate Soup
Week 2	Baked Mac n' Cheese Salad Garlic Bread	Beef Stew Tea Biscuit	Meatloaf Potato Vegetable Medley	Fishcakes Beans Vegetable Medley	TLTC Sandwich Soup
Week 3	Lasagna Salad Garlic Bread	Roasted Chicken Baked Potato Vegetable Medley	Chicken Souvlaki Lemon Potato Rice	Baked Haddock Potato Vegetable Medley	Roast beef and Swiss Soup
Week 4	Chicken & Broccoli Alfredo Salad Garlic Bread	Roast Pork Potato Vegetable Medley	Corned Beef Boiled Potato Cabbage and Veg	Crusted Haddock Potato Vegetable Medley	Lunchable Soup
Week 5	Goulash Salad Garlic Bread	Roast Turkey Dinner Potato Vegetable Medley	Cabbage Rolls Potato Vegetable Medley	Baked Fish and Chips Vegetable Medley	Chicken Salad Sandwich Soup
Week 6	Butter Chicken Salad	Roast Beef Potato Vegetable Medley	Liver & Onions Potato Vegetable Medley	Haddock Loin in Sauce Potato Vegetable Medley	Ham Cold Plate Soup

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.

170 George Street, Sydney | 902-562-1245 | mealsonwheels@newdawn.ca | www.newdawnmealsonwheels.ca