

**TUESDAY, JUNE 4**

Roast Beef on a bun  
Greek Potato Salad  
Veggies & Dip

**THURSDAY, JUNE 6**

Minestrone Soup  
Turkey & Gravy  
Stuffing  
Turnip

**TUESDAY, JUNE 11**

Beet Salad  
Battered Haddock  
Potato Wedges  
Peas & Carrots

**THURSDAY, JUNE 13**

Macaroni Salad  
Frikadellen  
Mashed Potatoes  
Cooked Cabbage

**TUESDAY, JUNE 18**

Butternut Squash Soup  
Beef Pot Pie  
Broccoli & Cauliflower

**THURSDAY, JUNE 20**

Coleslaw  
Cold Chicken Breast  
Pickled Beets  
Potato Salad

**JUNE  
2024**



**TUESDAY, JUNE 25**

Coleslaw  
Quiche with Ham & Cheese  
Hashbrown Casserole



**THURSDAY, JUNE 27**

Pesto Pasta Salad  
Greek Chicken  
Mashed Potatoes  
Roasted Veggies

**DESSERTS  
WITH EVERY  
MEAL!**

Menu items may vary on occasion due to availability and circumstances beyond our control.

# Our Programs

## FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

## TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

## HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.

**Reheating Instructions**  
NEVER use a toaster oven!

TO REHEAT:

Microwave:  
2-3 min on  
high

OVEN:  
350 for 10 min

FROM FROZEN:

Microwave:  
5-7 min on high

Oven:  
350 for 30 min



COMMUNITY CARE  
FOR CENTRAL HASTINGS

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Meals on Wheels

# June Menu

