

APRIL 2025

TUESDAY APRIL 1

Coleslaw
Beef stew
Bun

THURSDAY APRIL 3

Broccoli and cheese soup
Beef teriyaki stir fry over rice
Green & yellow beans

TUESDAY APRIL 8

Cauliflower soup
Ham steak
Scalloped potatoes
Squash

THURSDAY APRIL 10

Coleslaw
Lemon butter baked cod
Potato coins
Green beans

TUESDAY APRIL 15

Greek salad
Greek chicken with rice
Roasted zucchini

THURSDAY APRIL 17

Butternut squash soup
Classic roast beef dinner
Mashed potatoes
Brussels sprouts

TUESDAY APRIL 22

Mixed greens salad
Chicken fingers with wedges
Plum sauce
Roasted vegetables

THURSDAY APRIL 24

Creamy vegetable soup
Meatballs and gravy
Scalloped potatoes
Corn

TUESDAY, APRIL 29

Coleslaw
Pulled pork with a fresh bun
Raw veggie sticks with dip

**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 SLIT FILM

Microwave:
2-3 min on
high

OVEN:
350 for 10 min

FROM FROZEN SLIT FILM

Microwave:
5-7 min on high

Oven:
350 for 30 min



COMMUNITY CARE
FOR CENTRAL HASTINGS

613-478-2224
ccch@ccch.ca

310 Victoria St N, Tweed, Ont

www.ccch.ca



Meals on Wheels

APRIL
Menu

