

MAY 2025

THURSDAY MAY 1

Carrot ginger soup
Battered haddock with tartar sauce
Potato wedges

TUESDAY MAY 6

Garden salad
Salisbury steak
Potato coins
Cauliflower

THURSDAY MAY 8

Broccoli and cheese soup
Chicken & gravy
Mashed potatoes
Roasted squash

TUESDAY MAY 13

Garden salad
Meatballs with mushroom sauce over rice
Carrots & beans

THURSDAY MAY 15

Mushroom soup
Farmers sausages
Braised cabbage
Mashed potatoes

TUESDAY MAY 20

Coleslaw
Hearty beef stew
Bun

THURSDAY MAY 22

Deviled eggs
Cold ham steak with a bun
Raw veggie sticks with dip

TUESDAY MAY 27

Butternut squash soup
Chicken breast with rose sauce over fusilli pasta
Peas

THURSDAY MAY 29

Coleslaw
Roast pork with gravy & stuffing
Green and yellow beans

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

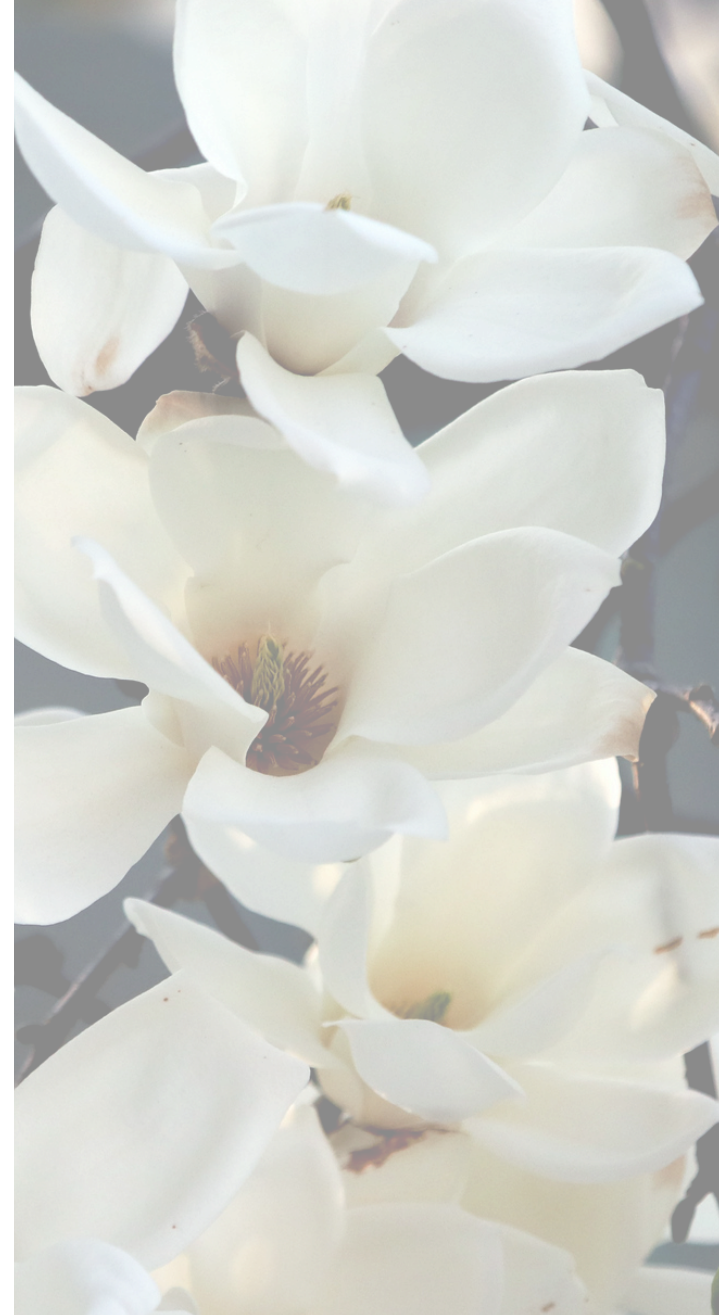


COMMUNITY CARE
FOR CENTRAL HASTINGS

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Meals on Wheels
MAY MENU