

AUGUST 2025

TUESDAY AUG 5

Cauliflower soup
Meatballs with sweet & sour sauce
Scalloped potatoes
Roasted veggies

THURSDAY AUG 7

Tomato salad
Classic potato salad
Ham on a bun with mustard
Pickles

TUESDAY AUG 12

Mixed greens salad
Beef stroganoff over egg noodles
Corn

THURSDAY AUG 14

German potato salad
Turkey salad on a croissant with honey mustard
Veggies & dip

TUESDAY AUG 19

Broccoli salad
Philly cheese steak casserole
Roasted summer veggies

THURSDAY AUG 21

Creamy roasted beet salad with sweet potato and feta
Chicken on a wrap
Kettle chips
Veggies & dip

TUESDAY AUG 26

Tossed salad
Creamy shrimp tetrazzini (sun dried tomatoes)
Roasted root veggies

THURSDAY AUG 28

Coleslaw
Bowtie pesto & chicken salad with sun dried tomatoes
Roasted seasonal 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 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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310 Victoria St N, Tweed, Ont

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United Way
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Meals on Wheels
AUGUST MENU