



Soup

Beef Barley

Broccoli and Cheese



Potato & Leek



Butternut Squash



Cauliflower



Chicken Noodle

Minestrone



Tomato



NEW! Turkey and Rice



Dessert

Apple Crisp

Banana Cake

Blueberry Tart

Bran Muffin

Butter Tart

Carrot Cake

Cherry Cheesecake

Chocolate Brownie

Chocolate Fudge

Cake

NEW Cinnamon

Bun Cake

Date Square

Lemon Bar

NEW Raspberry

Crumble

From our kitchen to yours!

Welcome to our homemade frozen menu! Our meals are available on an individual basis and can be delivered on Tuesday & Thursdays. . We're confident you will love what's inside our freezer! You can also place an order online at www.ccch.ca under "Programs".

Community Care For Central Hastings

310 Victoria St N, Tweed, ON K0K3J0

613-478-2224 ~ 1-800-554-1564

www.ccch.ca



FROZEN MENU

COMMUNITY CARE FOR CENTRAL HASTINGS

Beef

BARBEQUE MEATLOAF

With a house blend BBQ sauce, mashed potatoes, green and yellow beans

*** BEEF STEW**

Diced beef, carrots, potatoes, onions, rutabaga, low sodium gravy, broccoli

*** CHILI**

Ground beef in a chili sauce with brown beans & kidney beans served with mashed potatoes

MEATLOAF WITH GRAVY

With mashed potatoes, broccoli, carrots and cauliflower

MEATBALLS WITH GRAVY

Served with mashed potatoes and corn

*** ROAST BEEF DINNER**

Tender roast beef served with onion gravy, mashed potatoes with a veggie medley

*** SALISBURY STEAK**

Beef patty with diced onions & mushroom gravy, served with potato wedges, carrots and peas

*** SHEPHERD'S PIE**

Ground beef and diced carrots in a gravy sauce, potatoes served with broccoli & cauliflower

TORTELLINI WITH BEEF BOLOGNESE

Ground beef in a tomato sauce over ricotta cheese tortellini, and peas

Chicken

*** BBQ CHICKEN**

Boneless chicken breast with BBQ sauce served with scalloped potatoes and corn

CHICKEN ALFREDO

Chicken breast strips in a creamy alfredo sauce, served with rotini noodles and carrots, cauliflower & broccoli

*** CHICKEN AND GRAVY**

Rich gravy over sliced roast breast chicken, mashed potatoes with peas and carrots

CHICKEN FINGERS

Breaded chicken strips, potato wedges, and savory green beans

CHICKEN POT PIE

Big chunks of tender chicken, gravy with peas and carrots and butternut squash as the side

*** HONEY GARLIC CHICKEN STIR FRY**

Chicken breast strips and oriental veggies stir fried over basmati rice with green and yellow beans

LEMON CHICKEN

Battered chicken in a lemon sauce, served with basmati rice & peas

Fish

FISH AND CHIPS

Breaded filet of haddock loin, wedge potatoes, carrots and savory green beans

Pork

*** APPLE BRAISED PORK**

Roast pork loin braised in apple sauce, with mashed potatoes, turnip and carrots

*** BAKED GLAZED HAM**

Served in a pineapple glaze with scalloped potatoes and carrots

BANGERS AND MASH

Three home-style bangers with gravy served with mashed potatoes and peas

FRIKADELLEN

German pork patty in onion gravy, mashed potatoes with mixed veggies

*** PEAMEAL BACON WITH PEACH GLAZE**

Tender peameal bacon with a peach glaze, scalloped potatoes and butternut squash

*** ROAST PORK DINNER**

Served with mashed potatoes, gravy, turnip and carrots

All entrees marked
with an * are
available in gluten
free!

