

NOVEMBER 2025

TUESDAY, NOV 4

Minestrone soup
Potato crusted cod fillet with
tarter sauce
Waffle fries
Beets

THURSDAY, NOV 6

Coleslaw
Cabbage rolls
Roasted sweet potato
Dinner roll

TUESDAY NOV 11

Green bean salad
French onion chicken and rice
casserole
Brussels sprouts

THURSDAY NOV 13

Tossed salad
Pork chops with mushroom
sauce
Mashed potatoes
Braised cabbage

TUESDAY NOV 18

Cauliflower soup
Beef, macaroni and tomato
casserole
Asparagus

THURSDAY NOV 20

Caesar salad
Tomato oregano chicken
breast
Mashed potatoes
Mixed veggies

TUESDAY NOV 25

Potato leek soup
Oven baked sausage with
diced tomatoes
Rice pilaf
Roasted Italian veggies

THURSDAY NOV 27

Kale and shredded brussels
sprout salad
Herb and garlic chicken
Roasted 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 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
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Meals on Wheels
NOVEMBER MENU