



MARCH 2026

TUESDAY, MARCH 3

Vegetable Soup
Boneless chicken wings with
sweet & sour sauce
Smashed parmesan potatoes
Peas

THURSDAY, MARCH 5

Coleslaw
Beef pot pie
Roasted carrots

TUESDAY, MARCH 10

Potato leek soup
Beef and broccoli stir fry
Rice

THURSDAY, MARCH 12

Lemony cabbage salad
Frikedellen with onion gravy
Garlic whipped potatoes
Roasted veggie medley

TUESDAY, MARCH 17

Butternut squash & pear soup
Cheese & stuffed perogies
with bacon leek sauce
Baked beans in molasses

THURSDAY, MARCH 19

Mediterranean salad
Grilled chicken breast with a
balsamic glaze infused with
thyme
Rosemary mashed potatoes
Beets

TUESDAY MARCH 24

Vegetable lentil soup
Baked ham with a spiced
orange glaze
Home-style potatoes
Green beans, carrots and
corn

THURSDAY, MARCH 26

Apple fennel slaw
Cabbage rolls
broccoli, snap peas, carrots
and bok choy

TUESDAY MARCH 31

Lasagna soup
Potato crusted cod on a bed
of potato coins
Fresh green beans with
toasted almonds

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
MARCH MENU