

# APRIL 2026

## THURSDAY, APRIL 2

Shaved brussels sprouts salad  
BBQ Meatloaf  
Roasted broccoli  
Brown beans with molasses

## TUESDAY, APRIL 7

Tomato soup  
Creamy lemon garlic shrimp  
pasta  
Roasted red peppers, red  
onion & mushrooms

## THURSDAY, APRIL 9

Marinated veggie salad  
Frikadellen with onion gravy  
Parsnips  
Roasted garlic mashed  
potatoes

## TUESDAY, APRIL 14

Winter salad (mandarin,  
walnut, spinach, pomegranate)  
Chili  
Scalloped potatoes  
Butternut squash

## THURSDAY, APRIL 16

Apple cabbage slaw  
Lemon chicken over rice  
Peas, carrots and corn

## TUESDAY, APRIL 21

Vegetable soup  
Beef pot pie  
Creamed corn

THE OFFICE WILL  
BE CLOSED ON  
APRIL 6  
HAPPY EASTER!

## THURSDAY, APRIL 23

Greek salad  
Pork souvlaki  
Rice pilaf  
Roasted zucchini

## TUESDAY, APRIL 28

Carrot ginger soup  
Spiced orange glazed chicken  
Herb roasted potatoes  
Roasted brussels sprouts

## THURSDAY APRIL 30

Linguini pesto pasta salad  
Herb roasted pork tenderloin  
Mashed potatoes  
Roasted carrots

# 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

310 Victoria St N, Tweed ON

ccch@ccch.ca

www.ccch.ca



Meals on Wheels  
**APRIL MENU**