

# MAY 2026

## TUESDAY MAY 5

Mushroom soup  
Roast beef, stuffing and gravy  
Yellow and green beans

## THURSDAY MAY 7

Kale caesar salad  
Bruschetta chicken with  
balsamic glaze  
Mashed potatoes  
Roasted brussels sprouts

## TUESDAY MAY 12

Old world cabbage soup  
Mushroom and bacon quiche  
Roasted veggies

## THURSDAY MAY 14

Coleslaw  
Beef bolognese over cheese  
tortellini  
Peas and corn

## TUESDAY MAY 19

Pastina soup (mini pasta with  
chicken & parmesan)  
Sausages in diced tomatoes  
Scalloped potatoes  
Carrots

## THURSDAY MAY 21

Garden salad  
Stuffed pepper casserole  
(ground beef, rice peppers,  
tomato sauce)  
Carrot and turnip mix

## TUESDAY MAY 26

Tuscan white bean soup  
Battered haddock with tartar  
sauce  
Potato wedges  
Roasted squash

## THURSDAY MAY 28

Lemon parmesan salad  
Cold ham steak with a bun  
Raw veggie sticks  
Deviled eggs

COMPLIMENTARY  
DESSERTS WITH EVERY  
MEAL!



# 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 MAY MENU