

JUNE 2026

COMPLIMENTARY
DESSERTS WITH EVERY
MEAL!

TUESDAY JUNE 2

Potato leek soup
Sesame feta chicken
Roasted sweet potatoes
Green & yellow beans

THURSDAY JUNE 4

Greek potato salad
Roast beef on a bun with
horseradish aioli
Veggies & dip

TUESDAY JUNE 9

Caesar salad
Herb crusted cod
Potato coins
Roasted squash

THURSDAY JUNE 11

Coleslaw
Cranberry apple chicken
Home-style stuffing
Roasted brussels sprouts

TUESDAY JUNE 16

Butternut squash soup
Quiche with bacon & cheese
Brown sugar glazed carrots

THURSDAY JUNE 18

Spring mix salad with
balsamic vinaigrette
Baked ziti (pasta) with beef
meat sauce
Roasted broccoli

TUESDAY JUNE 23

Pickled beets
Corned beef with mustard on
a potato bun
Potato salad
Pickle spears

THURSDAY JUNE 25

Mediterranean sweet potato
salad
Cabbage rolls
Asparagus

TUESDAY JUNE 30

Cucumber salad
Butter chicken
Rice Pilaf
Roasted cauliflower

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
JUNE MENU**