



JULY 2026

**COMPLIMENTARY
DESSERTS WITH EVERY
MEAL!**

THURSDAY JULY 2

Vegetable soup
Parmesan salmon with dill
sauce
Lattice fries
Roasted asparagus, cherry
tomatoes & red onions

TUESDAY JULY 7

Orzo summer salad
Sweet & sour meatballs
Mashed potatoes
Zucchini

THURSDAY JULY 9

German potato salad
Ham on a bun with butter
Macaroni salad
Pickled beets

TUESDAY JULY 14

Tomato basil soup
Egg salad on a croissant
Dill pickles
Green salad with maple
vinaigrette on the side

THURSDAY JULY 16

Bean salad
Taco salad (ground beef,
lettuce, tomatoes, cheddar, sour
cream, salsa, corn chips

TUESDAY JULY 21

Creamy ham & potato soup
Garlic butter sausages
Mashed potatoes
Fresh corn cut off the cob

THURSDAY JULY 23

Creamy roasted beet salad
with sweet potato and feta
Cold chicken wraps
Veggies & dip
Kettle chips

TUESDAY JULY 28

Pear and butternut squash
soup
Honey & lemon chicken with
rice
Fresh green beans

THURSDAY JULY 30

Greek potato salad
Sloppy Joe's (meat on the
side)
Pickled beets
Coleslaw

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 JULY MENU