

August



TUESDAY AUG 4

Broccoli soup
Gnocchi (potato pasta) with
sliced chicken breast & pesto
Peas

THURSDAY AUG 6

Coleslaw
Sweet & sour pork with
mashed potatoes
Brussel sprouts

TUESDAY AUG 11

Potato leek soup
Pulled pork on a bun
Veggies & dip

THURSDAY AUG 13

Vinaigrette coleslaw
Herb crusted cod
Baby boiled potatoes with
garlic butter
Roasted carrots

TUESDAY AUG 18

Butternut squash soup
Cheesy chicken and orzo
Roasted broccoli

THURSDAY AUG 20

Vinegar-based rainbow slaw
Roast beef & swiss wraps
Mexican street corn salad
Pickled carrot "coins"

**COMPLIMENTARY
DESSERTS WITH EVERY
MEAL!**

TUESDAY AUG 25

Tomato salad
Canadian goulash (beef &
macaroni)
Zucchini "coins" with
parmesan

THURSDAY AUG 27

Chilled green bean salad with
dill
Ham on a bun with mustard
Pickles
Classic potato salad



Have you tried our
new "FRESH" produce
bags? Call us today if
you're interested in
more information!

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 AUGUST MENU