



September

TUESDAY, SEPT 1

Stuffed pepper soup
Meatballs in sweet & sour
sauce
Scalloped potatoes
Peas

THURSDAY, SEPT 3

Bean salad
Taco salad with ground beef,
sour cream, fresh cherry
tomatoes, homemade salsa,
catalina dressing & corn chips

TUESDAY, SEPT 8

Broccoli and cheese soup
Chicken & gravy
Wedge potatoes
Squash

THURSDAY, SEPT 10

Caesar salad
Spinach and cheese quiche
Bistro mixed veggies

TUESDAY, SEPT 15

Roasted tomato soup
Roast pork with gravy
Mashed potatoes
Carrots

THURSDAY SEPT 17

Macaroni salad
Cold turkey breast on a
croissant
Deviled eggs
Pickled beets

TUESDAY SEPT 22

Coleslaw
Peameal on a fresh brioche bun
Fresh tomato & lettuce
Pickle spears

THURSDAY, SEPT 24

Mushroom soup
Sausages with sauerkraut
Cooked cabbage
Mashed potatoes

TUESDAY, SEPT 29

Pesto pasta salad
Battered haddock with tartar
sauce
Potato wedges
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 SEPTEMBER MENU