



Soup

Beef Barley

Broccoli and Cheese



Potato & Leek



Butternut Squash



Cauliflower



Chicken Noodle

Minestrone



Tomato



NEW! Turkey and Rice



Dessert

Apple Crisp	Chocolate Fudge
Banana Cake	Cake
Blueberry Tart	NEW <u>Cinnamon</u>
Bran Muffin	<u>Bun Cake</u>
Brownie	Date Square
Butter Tart	Lemon Bar
Carrot Cake	NEW Raspberry
Cherry Cheesecake	Crisp

From our kitchen to yours!

Welcome to our homemade frozen menu! Our meals are available on an individual basis and can be delivered on Tuesday & Thursdays. . We're confident you will love what's inside our freezer! You can also place an order online at www.ccch.ca under "Programs".

Community Care For Central Hastings

310 Victoria St N, Tweed, ON K0K3J0
613-478-2224 ~ 1-800-554-1564
www.ccch.ca



FROZEN MENU

COMMUNITY CARE FOR CENTRAL HASTINGS

Beef

BARBEQUE MEATLOAF

Homestyle meatloaf topped with BBQ sauce served with mashed potatoes and green and yellow beans

* BEEF STEW

Hearty stew with tender beef, carrots, potatoes, onions, & rutabaga in savory gravy, with broccoli

* CHILI

Ground beef simmered in a rich sauce with tomatoes, beans, and mild chili spices, served with mashed potatoes

*MEATLOAF WITH GRAVY

Classic meatloaf with savory gravy, served with mashed potatoes, broccoli, carrots and cauliflower

MEATBALLS WITH GRAVY

Tender meatballs in savory gravy, served with mashed potatoes and corn

* ROAST BEEF DINNER

Slow roasted beef served with onion gravy, mashed potatoes and broccoli, carrots and cauliflower

* SALISBURY STEAK

Mildly seasoned beef patty topped with onion and mushroom gravy, served with red skin potato wedges, carrots and peas

* SHEPHERD'S PIE

Ground beef and diced carrots in savory gravy, topped with mashed potatoes with a pinch of paprika served with broccoli & cauliflower

TORTELLINI WITH BEEF BOLOGNESE

Ground beef in a tomato sauce over ricotta cheese tortellini, and peas

Chicken

BBQ CHICKEN

Tender chicken breast topped with a tangy BBQ sauce, served with scalloped potatoes and corn

CHICKEN ALFREDO

Chicken breast strips tossed in a creamy alfredo sauce, served over rotini noodles with carrots, cauliflower & broccoli

* CHICKEN AND GRAVY

Chicken breast served with rich gravy, mashed potatoes, peas and carrots

CHICKEN FINGERS

Breaded chicken chunks served with crispy herb potato wedges and green beans

CHICKEN POT PIE

Hearty chunks of tender chicken in a rich gravy with peas and carrots served with butternut squash

* HONEY GARLIC CHICKEN STIR FRY

Chicken breast strips and stir fry veggies in a honey-garlic sauce, served over basmati rice with peas

LEMON CHICKEN

Lightly battered chicken chunks in a bright lemon sauce, served with basmati rice & peas

Fish

FISH AND CHIPS

Breaded filet of haddock loin, wedge potatoes, carrots and savory green beans

Pork

* APPLE BRAISED PORK

Roast pork loin braised in apple sauce, with mashed potatoes, turnip and carrots

* BAKED GLAZED HAM

Served in a pineapple glaze with scalloped potatoes and carrots

BANGERS AND MASH

Three home-style bangers with gravy served with mashed potatoes and peas

FRIKADELLEN

German pork patty in onion gravy, mashed potatoes with mixed veggies

* PEAMEAL BACON WITH CHILI SAUCE

Tender peameal bacon topped with a mild chili sauce, scalloped potatoes and butternut squash

* ROAST PORK DINNER

Served with mashed potatoes, gravy, turnip and carrots

All entrees marked
with an * are
available in gluten
free!

