

October

THURSDAY, OCT 1

Pear salad
Cranberry apple chicken
Rosemary mashed potatoes
Roasted veggies

TUESDAY, OCT 6

Tomato lentil soup
Beef stew
Corn bread
Cooked cabbage

THURSDAY, OCT 8

Creamy coleslaw
Turkey & gravy, mashed
potatoes with stuffing &
homemade cranberry sauce,
carrots & turnip

Happy
Thanksgiving

TUESDAY, OCT 13

Mushroom & barley soup
Meatballs & gravy
Scalloped potatoes
Corn

THURSDAY, OCT 15

Vinaigrette coleslaw
Beer battered haddock with
tartar sauce
Herb wedge fries
Carrots

TUESDAY, OCT 20

Butternut squash & pear
soup
Cheese perogies smothered
in a leek and bacon sauce
Broccoli

THURSDAY, OCT 22

Italian wedding soup
Gnocchi pesto sun-dried
tomatoes & chicken
yellow beans with garlic butter

TUESDAY, OCT 27

Mushroom soup
Sausages with sauerkraut
Cooked cabbage
Mashed potatoes

THURSDAY, OCT 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

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Meals on Wheels OCTOBER MENU