November

TUESDAY, NOV 3
Zucchini basil soup
Tomato oregano chicken
Potato Coins sprinkled with herbs
Peas

THURSDAY, NOV 5
Autumn chopped salad
Pork chops smothered in a mushroom sauce
Mashed potatoes
Brown sugar roasted carrots

TUESDAY, NOV 10
Broccoli pastinia soup
Peameal with chili sauce
Scalloped potatoes
Roasted squash

THURSDAY NOV 12
Caesar salad
Beef pot pie
Roasted veggies

TUESDAY, NOV 17
Cauliflower soup
Chili con carne
Honey roasted turnip

THURSDAY, NOV 19
Coleslaw
Butter chicken and rice pilaf
Roasted carrots and cauliflower

TUESDAY, NOV 24
Cabbage soup
Tortellini with a beef bolognese sauce
Peas and carrots

THURSDAY, NOV 26
Broccoli salad
Baked ham glazed with brown sugar
Garlic mashed potatoes
Roasted cauliflower

We will be closed on Wednesday, November 11, to recognize Remembrance Day

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

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www.ccch.ca

United Way Hastings & Prince Edward

HOME & COMMUNITY SUPPORT

Ontario Trillium Foundation

Fondation Trillium de l'Ontario

Ontario Health

Meals on Wheels

NOVEMBER MENU