

## Programs and Services for Seniors

### Frozen Meals

These home-style meals can be heated in your oven or microwave, and since they are frozen, they can be kept on hand in your freezer. Ready when you are! You can choose your complete meals from our tempting array of main dishes, soups & dessert. Special diets available.

### Transportation

Volunteer drivers are available for long distance and local trips for medical appointments, shopping or social activities. Mobility Vans are also available for those using assistive devices.

### Household Management

Provides assistance with routine household tasks such as meal preparation, laundry, light housekeeping or small one time chores such as minor home repairs, yard work and snow removal. Household Management workers are brokered workers and are not employees of Community Care; they work independently as representatives of the agency. There are fees associated with this program.

***Please contact the office for information for these, and many other programs.***

**Caring comes from within, but our strength comes from our volunteers**



Do you know a senior that would benefit from services?

Do you know someone that would like to deliver meals?

Please give them our number, we would love to hear from them.



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# January



COMMUNITY CARE  
FOR CENTRAL HASTINGS

**Hot  
Meals on Wheels** ◀  
**Menu**



**Our delicious meals are home cooked and nutritionally balanced. A Registered Dietitian reviews each seasonal menu. Hot meals are available Tuesdays & Thursdays. Special diets can be accommodated.**

Serving Madoc, Marmora, Stirling, Tweed and Surrounding Areas.

# January 2019



**Tweed Frozen Monday January 14th**

## Tuesday January 15<sup>th</sup>

*Marmora Frozen Delivery*

Tossed salad  
Breaded haddock & tartar sauce  
Garlic chive potatoes  
Green beans  
Dessert

## Thursday January 17<sup>th</sup>

Garden Salad  
BBQ meatloaf  
Whipped potatoes  
Mixed Vegetables  
Dessert

## Tuesday January 22<sup>nd</sup>

Beef vegetable soup  
Chicken teriyaki  
Basmati rice  
Peas  
Dessert

## Thursday January 24<sup>th</sup>

*Matthew Place Social*

Garden salad  
Frikedellea (pork patty in gravy)  
Mashed potatoes  
Garden vegetables  
Dessert

## Tuesday January 29<sup>th</sup>

Beef barley soup  
Salmon patties with dill sauce  
Lemon rice  
Peas & carrots  
Dessert

## Thursday January 31<sup>st</sup>

Cream of cauliflower  
Salisbury steak  
Mashed potatoes  
Mixed vegetables  
Dessert

*Menu items may vary on occasion  
due to availability & circumstances  
beyond our control.*

## Thursday January 3<sup>rd</sup>

Coleslaw  
Meatballs & gravy  
Mashed potatoes  
Mixed garden vegetables  
Dessert

## Tuesday January 8<sup>th</sup>

Butternut squash soup  
Chicken alfredo on  
rotini noodles with pepper  
medley  
Broccoli and cauliflower  
Dessert

## Thursday January 10<sup>th</sup>

*Madoc, Rural Marmora & Stirling  
Frozen Delivery*

Turkey vegetable soup  
Pork loin with Gravy  
Mashed potatoes  
Squash & Carrots  
Dessert

*Specialized diets may be accommodated.*