

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 are 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 about these, and many other programs.

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



Do you know a senior who 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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October



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.

October 2018

Tuesday October 2nd

Minestrone soup
Apple braised pork
Mashed potatoes
Spinach
Dessert

Thursday October 4th

Cream of broccoli soup
Salisbury steak and gravy
on mashed potatoes
Broccoli and cauliflower
Dessert



The office will be closed
Monday, Oct. 8th for
Thanksgiving

Thursday October 9th

Italian wedding soup
Chicken alfredo over
Rotini noodles & peppers
Squash and carrot
Dessert

Thursday October 11th

Madoc & Stirling Frozen Delivery
Coleslaw
Salmon patty & dill sauce
Garlic chive potatoes
Mixed Vegetables
Dessert

Tweed Frozen Delivery- Monday October 15th

Tuesday October 16th

Marmora Frozen Delivery
Caesar salad
Friededellea (German pork patties
in gravy)
boiled potatoes
Garden vegetables
Dessert

Thursday October 18th

Asparagus soup
Shaved roast beef with
onion gravy on
Mashed potatoes
Green beans
Dessert

Tuesday October 23th

Pea soup
Roasted chicken thighs and
gravy over egg noodle
Peas and carrots
Dessert

Thursday October 25th

Matthew Place Social
Tossed Salad
Sliced pork loin with mushroom
gravy
Mashed potatoes
Cabbage and carrots
Dessert

Tuesday October 30th

Chicken noodle soup
Baked sole with tartar sauce
on orange rice
Broccoli and cauliflower
Dessert

Special diets can be accommodated.

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