

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.

Meals on Wheels	
Reheating Instructions	
NEVER USE A TOASTER OVEN	
Always peel back or slit film to vent	
REHEAT	
MICROWAVE:	OVEN:
2-3 min on high	350 for 10 min
FROM FROZEN	
MICROWAVE:	OVEN:
3-5 min on high	350 for 30 min

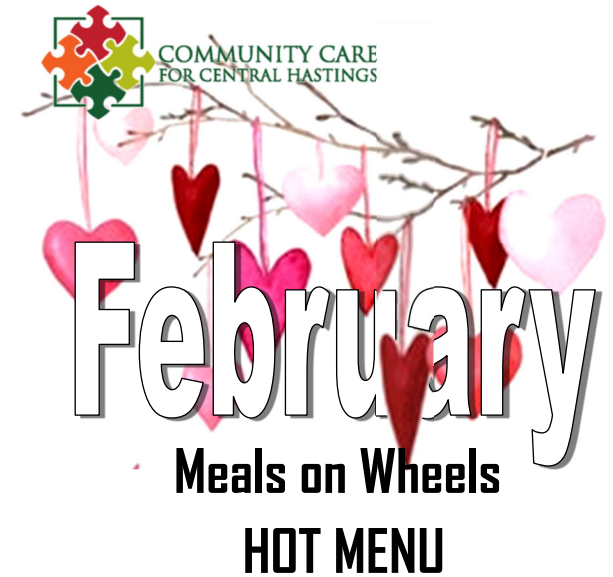


COMMUNITY CARE
FOR CENTRAL HASTINGS

Community Care for Central Hastings
310 Victoria St N, P.O. Box 849
Tweed, ON K0K 3J0



Phone: 613-478-2224
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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.

FEBRUARY 2023

Thursday February 2

Turkey Noodle Soup
BBQ Spare Ribs over Rice
Green Beans

Tuesday February 7

Spinach Salad
BBQ Chicken Breast
Tater Tots
Mixed garden vegetables

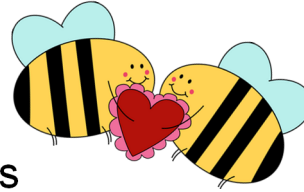
Thursday February 9

Celery Soup
Baked Macaroni & Cheese
with ham
Carrots

Complimentary desserts
are included with
every meal!

Tuesday February 14

Carrot Soup
Meatloaf with
gravy
Whipped potatoes
Broccoli & Cauliflower



Thursday February 16

Coleslaw
Haddock with Tartar Sauce
Lemon rice
Beets

Tuesday February 21

Kale Salad
Salisbury steak
Mashed potatoes
Peas

The office will be closed on
February 20 for Family Day.



Thursday February 23

Cream of Mushroom Soup
Chicken with gravy
Mashed potatoes
Brussel Sprouts and Carrots

Tuesday February 28

Garden Salad
Chili
Mashed Potatoes
Fresh bun



To begin phasing out the use of one-time plastics, we will no longer be delivering meals in plastic bags (beginning Feb 2). If you would like your meal placed in a container please contact us and we will update your delivery instructions!

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