



Beef

**\*NEW! Shepherd's Pie**

Ground beef and diced carrots in a gravy sauce, potatoes

**NEW! Cheese Tortellini with Beef Bolognese Sauce**

Ground beef in a tomato sauce over ricotta cheese tortellini, and peas

**Salisbury Steak**

Beef patty with diced onions and mushroom gravy, served with potato bites, carrots and peas.

**\*Meatloaf with Gravy**

With mashed potatoes, broccoli, carrots and cauliflower.

**\*Meatballs with Gravy**

Served with mashed potatoes and corn.

**\*Barbeque Meatloaf**

With a house blend BBQ sauce, mashed potatoes, green and yellow beans.

**\*Saucy Meatballs**

Beef meatballs in a sweet and sour sauce, served with mashed potatoes and turnip.

**\*Pot Roast**

Tender beef roast served with onion gravy, mashed potatoes with a veggie medley.

**\*Chili**

Served with mashed potatoes.



Chicken

**NEW Chicken Pot Pie**

Big chunks of tender chicken, gravy with peas and carrots and butternut squash as the side.

**\* Chicken and Gravy**

Rich gravy over roast breast chicken, mashed potatoes with peas and carrots.

**Lemon Chicken**

Battered chicken in a lemon sauce, served with basmati rice & peas.

**Chicken Alfredo**

Chicken breast strips in a creamy alfredo sauce, served with rotini noodles and carrots, cauliflower & broccoli.

**\* Honey Garlic Chicken Stir Fry**

Chicken breast strips and oriental veggies stir fried over basmati rice with green and yellow beans.

**\*BBQ Chicken**

Boneless chicken breast with BBQ sauce served with scalloped potatoes and corn.

Fish



**Fish & Chips**

Breaded filet of haddock loin, wedge potatoes, carrots and green beans.



Pork

**\*Baked Glazed Ham**

Served in a pineapple glaze with scalloped potatoes and carrots.

**Bangers and Mash**

Three home-style bangers with gravy served with mashed potatoes and peas.

**\*Apple Braised Pork**

Roast pork loin braised in apple sauce, with mashed potatoes, turnip and carrots.

**Frikadellen**

German pork patty in onion gravy, mashed potatoes with mixed veggies.

**\* Roast Pork Dinner**

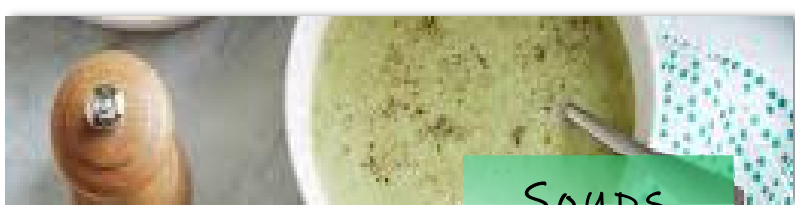
Served with mashed potatoes, gravy, turnip and carrots.

**\*Peameal Bacon with Peach Glaze**

Tender peameal bacon with a peach glaze, scalloped potatoes and butternut squash.

**GLUTEN FREE**

- All entrees with an \* are also available in Gluten Free



## Soups

### Beef Barley

Homestyle barley soup featuring beef and vegetables.

### Cream of Potato & Leek

A blended mix of potatoes, leeks and cream.

### Cream of Broccoli and Cheese

A delicious homestyle blend of broccoli, vegetables and cheese

### Cream of Tomato

Classic soup made from a blend of tomatoes and cream.

### Butternut Squash

Creamy soup with squash and an assortment of warm spices.

### Chicken Noodle

Diced chicken, pasta and vegetables in a homestyle broth.

### Minestrone

Rustic, traditional assortment of vegetables, beans & pasta.

### Cream of Cauliflower

Cream-based soup featuring delicious cauliflower.



## Desserts

Butter Tart

Blueberry Tart

Raspberry Tart

Apple Crisp

Rice Pudding

Lemon Bar

Date Square

Banana Cake

Carrot Cake

Chocolate Fudge Cake

Bran Muffin

Cherry Cheesecake

Chocolate Brownie

Snickerdoodle Muffin

## From our Kitchen

### Welcome to our Homemade Frozen!

We are very excited to share our frozen menu. We have marked our Gluten Free entrees with [\*]. We also offer a variety of pureed meals; please inquire if you would like more information. We're confident you're going to love what's inside our freezer!

Frozen Meals are available on an individual basis and can be delivered Tuesdays & Thursdays. You can also place an order online at [www.ccch.ca](http://www.ccch.ca) under "Programs."



COMMUNITY CARE  
FOR CENTRAL HASTINGS

# FROZEN MENU



## COMMUNITY CARE FOR CENTRAL HASTINGS

310 Victoria St N, Tweed, ON K0K 3J0  
613-478-CCCH (2224) ~ 1-800-554-1564 [www.ccch.ca](http://www.ccch.ca)  
Serving Madoc, Marmora, Stirling, Tweed and surrounding areas