

**TUESDAY, OCT 1**

Broccoli soup  
Battered fish  
Wedge potatoes  
Yellow beans

**THURSDAY, OCT 3**

Greek salad  
Pork tenderloin with honey  
garlic sauce  
Mashed potatoes  
Cooked cabbage

**TUESDAY, OCT 8**

Parmesan bowtie pasta salad  
Greek style chicken over a  
bed of rice  
Roasted veggies

**THURSDAY, OCT 10**

Coleslaw  
Turkey, stuffing, gravy  
Potatoes  
Turnip & Carrots

**TUESDAY, OCT 15**

Vegetable soup  
Chicken fingers with S & S  
sauce  
Smashed potatoes  
Mixed veggies

**THURSDAY, OCT 17**

Coleslaw  
Beef pot pie  
Cornbread

**TUESDAY, OCT 22**

Butternut squash soup  
Quiche with ham & cheese  
Hashbrown casserole

**THURSDAY, OCT 24**

Spinach salad  
Beef and broccoli over a  
bed of rice

**OCTOBER  
2024**

**TUESDAY, OCT 29**

Caesar salad  
Chili  
Mashed potatoes  
Sweet potato bites

**THURSDAY, OCT 31**

Wonton soup  
Chicken balls with sauce  
Vegetable fried rice  
Veggie stir fry

**DESSERTS  
WITH EVERY  
MEAL!**

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

# 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:

Microwave:  
2-3 min on  
high

OVEN:  
350 for 10 min

### FROM FROZEN:

Microwave:  
5-7 min on high

Oven:  
350 for 30 min



COMMUNITY CARE  
FOR CENTRAL HASTINGS

613-478-2224

ccch@ccch.ca

310 Victoria St N, Tweed, Ont

www.ccch.ca



Meals on Wheels

# OCTOBER Menu