TUESDAY, SEPT 3

Stuffed pepper soup Meatballs in sweet & sour sauce Scalloped potatoes Peas

THURSDAY, SEPT 12

Tossed salad Creamy Italian shrimp tetrazzini Roasted veggies

TUESDAY. SEPT 17 Bean salad Taco salad with homemade

salsa, ground beef and a dollop of sour cream

TUESDAY, SEPT 10

THURSDAY, SEPT 5

Deviled eggs

Pesto pasta salad

Greek pasta salad Cold chicken breast with a melt-in-your-mouth croissant Roasted corn salad

Cold ham steak with a bun

THURSDAY, SEPT 19

Caesar salad Lasagna with layers of cheese, pasta with a homemade bolagnese sauce and garlic bread to clean up your plate!

Sept 24 Reasted tomate

2024

SEPTEMBER

Roasted tomato soup Roast pork with gravy and Mashed potato Carrots

THURSDAY, SEPT 26

Coleslaw Roasted Italian chicken on a bed of rice Zucchini

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.

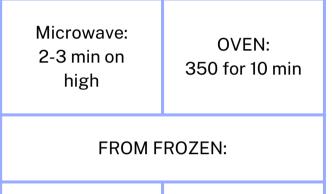
HOUSEHOLD MANAGEMENT

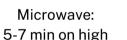
We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.



Reheating Instructions NEVER use a toaster oven!

TO REHEAT:





Oven: 350 for 30 min



COMMUNITY CARE FOR CENTRAL HASTINGS

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ccch@ccch.ca

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www.ccch.ca

Fondation

de l'Ontario



Foundation







