

TUESDAY, NOV 5

Potato Soup
Chicken breast smothered in a mushroom sauce over a bed of rice
Beets

THURSDAY, NOV 14

Tossed garden salad
Bruschetta chicken drizzled with a balsamic glaze and feta
Mashed potatoes
Mixed veggies

NOVEMBER 2024



THURSDAY, NOV 7

Coleslaw
Battered filet of haddock
Roasted Sweet Potatoes
Peas

TUESDAY, NOV 19

Broccoli & cheese soup
Steak & vegetable pot pie
Hash brown casserole
Dinner roll

TUESDAY, NOV 26

Cream of mushroom soup
Chicken a la king over noodles
Green & yellow beans

TUESDAY, NOV 12

Chicken & rice soup
Ham & cheese macaroni casserole
Brussel Sprouts

THURSDAY, NOV 21

Parmesan bowtie pasta salad
Sausage
Mashed potatoes
Cooked cabbage

THURSDAY, NOV 28

Coleslaw
Roast beef with gravy
Mashed potatoes
Turnip & carrots

**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

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Meals on Wheels

NOVEMBER
Menu