
About Meals on Wheels



Meals are delivered on **MONDAYS, WEDNESDAYS, THURSDAYS, and FRIDAYS** between the hours of 11:30 AM and 12:30 PM approximately.

Each meal consists of a main course of meat, vegetables and potatoes, a fresh side salad (when available), and dessert. Foods are rotated to give variety. Diabetic meals can be ordered.

Referrals for meal delivery are accepted from individuals, as well as from doctors and service agencies.

There is no delivery of meals on Christmas Day, New Year's Day, or Good Friday. Meals are delivered on all other holidays that fall on our normal delivery days.

The cost per meal is \$5.75. You will be billed monthly for any meals received.

Meals are delivered by concerned volunteers who give freely of their time to bring you this service. We ask your co-operation and good will. Delays may be unavoidable.

Should we have to cancel meal delivery, for example during a storm, announcements will be made on local radio stations during morning hours.

If you need to cancel a meal we ask that you call our office before 9:00 AM on the scheduled delivery day.

A selection of frozen entrees is also available.

Community Care For South Hastings
470 Dundas Street East Unit # 63
Belleville, Ontario, K8N 1G1
(613) 969-0130

Sample Menu

Spaghetti and Meatballs
Broccoli and Cauliflower
Garlic Toast
Apple Sauce

Ham with Pineapple Sauce
Scalloped Potatoes
Brown Beans
Lemon Meringue Pie

Herb Roasted Chicken Legs
Mashed Sweet Potatoes
Cauliflower
Chocolate Brownies

Meatloaf with Onion Gravy
Mashed Potatoes
Sliced Carrots
Ambrosia



CommunityCare

for South Hastings

Meals On Wheels



Hot Meals

Belleville: 613-969-0130

Deseronto: 613-396-6591

Toll Free: 844-654-3283



Community Care For South Hastings Inc.

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The Parrott Foundation



Ontario
South East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Sud-Est

Diners Club



Every Tuesday a hot, delicious noon dinner is served at CrossRoads To Care in the Bayview Mall.

Meet your friends for an entertaining, enjoyable meal at a reasonable cost.

Volunteer drivers may provide transportation, if public transportation cannot be used.

Please call Joanne at 613-969-0130 for more information.

VOLUNTEERS NEEDED