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## ***ENTRÉES AVAILABLE***

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**Macaroni Meat & Cheese Casserole** - ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots.

**Salisbury Streak with Onion Gravy** - with red skinned potatoes and carrots.

**Meatloaf in Mushroom Gravy** - with mashed potatoes, green and yellow beans and carrots.

**Beef Stew** - with squash and mashed potatoes

**Meatballs and Peppers** - in herb gravy with mashed potatoes and carrots

**Spaghetti** - with Bolognese and carrots

**Country Chicken** - in gravy with mashed potatoes, stuffing and carrots

**Honey Apple Glazed Chicken** - with mixed vegetables and mashed potatoes

**Lemon & Herb Chicken Souvlaki** - paired with rice and a blend of peas and diced turnips.

**Chicken Stew** - with mashed turnip and green beans

**Chicken with mushroom gravy** - chicken breast with sweet potatoes and green beans

**Turkey with Stuffing** - with mashed potatoes and peas.

**Baked Ham** - in pineapple sauce with mashed potatoes and carrots

**Bangers and Mash** - with mashed potatoes, gravy and peas

**Rib Style Pork Cutlet** - in barbeque sauce with squash and home fried potatoes.

**Seasoned Pork Loin** - with country style potatoes and succotash

**Fish Florentine** - a cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots.

**Tuna Pasta Casserole** - with peas and carrots

**Salmon in Lemon Sauce** - served with white rice and peas with carrots.

**Cheese Omelette** - with home fried potatoes and stewed tomatoes.

***Low Sodium, Diabetic, Minced, Pureed, Gluten Free and Vegetarian meals are available.***

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## ***DESSERTS AVAILABLE***

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Apple Pie Square

Banana Cake

Carrot Loaf

Fruit Cocktail

Brownie

Apple Cake

Cherry Cheesecake

Chocolate Fudge Cake

Strawberry Short Cake

Raspberry Tart

Butter Tart

Pecan Tart

Lemon Layer Cake

Lemon Tart

Orange Layer Cake

Blueberry Scone

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## ***SOUPS AVAILABLE***

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Beef Barley

Chicken Noodle

Minestrone

Broccoli

Country Vegetable

Cream of Tomato

Cream of Cauliflower

Split Pea and Ham

Rice and Turkey

Cream of Potato & Leeks

Cream of Mushroom

Beef and Vegetable

Chicken and Vegetable

Carrot

# COMMUNITY CARE FOR SOUTH HASTINGS

## FROZEN MEALS

By **Apetito**

available from

## COMMUNITY CARE FOR SOUTH HASTINGS

All meals cost \$6.00 and include entrée plus soup OR dessert. Additional Soup or Dessert for \$1.50 each.

Available for pickup at our office or free delivery by one of our friendly volunteers.

A minimum of 5 meals must be ordered for delivery.



**Ontario  
Health**



**United Way**  
Hastings &  
Prince Edward



## Meals On Wheels

## Frozen Meals

**Community Care For South Hastings**  
470 Dundas Street East, Unit # 63  
Belleville, Ontario  
K8N 1G1

**Phone: 613-969-0130 xt. 36504**  
**Fax: 613-969-1719**

**Website: <https://ccsh.ca>**

**Belleville: 613-969-0130**

**Deseronto: 613-396-6591**

**Toll Free: 1-844-654-3283**

