
About Meals on Wheels



Meals are delivered on
MONDAYS, WEDNESDAYS,
and **FRIDAYS**
between the hours of 11:30 AM
and 12:00 PM .

All meals are served with Potato,
Rice or Pasta, a Hot Vegetable,
Soup and Dessert. Gravy,
Sauces, Salads and condiments
will accompany meals on the side
when required. Diabetic meals
are available.

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

There is no delivery of meals on
Statutory Holidays. Frozen Meals
are delivered prior to the holiday.

The cost per meal is \$6.00. You
will be billed on a monthly basis.

Meals are delivered by volunteers
who give freely of their time to
bring you this service. Delays
may be unavoidable.

Should we have to cancel meal
delivery, for example during a
storm, we will make an
announcement on local radio
stations during morning hours.

If you need to cancel a meal we
ask that you call our office two
days before the scheduled
delivery day.

A selection of frozen entrees are
also available.

Community Care For South Hastings
293 Main Street
Deseronto, Ontario KOK 1XO
(613) 396-6591

Sample Menu

Soup
Roast Chicken with Gravy
Mashed Potatoes
Glazed Carrots
Spice Cake

Soup
Beef Stir Fry
Rice
Mixed Vegetables
Pudding

Soup & Salad
Breaded Sole
Home Fries
Green & Yellow Beans
Fruit Cup



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.

470 Dundas Street East, Unit # 63
Belleville, Ontario K8N 1G1
(613) 969-0130

The Parrott Foundation



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

Diners Club



The first Wednesday of every month, a hot, delicious noon meal is prepared and served at the Community Centre in Deseronto.

On the third Thursday of each month, you can enjoy a wonderful midday meal at the Tyendinaga Township Hall in Melrose.

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

Volunteer drivers may provide transportation, if another means is not feasible.

Please call the Deseronto office at 613-396-6591 for more information and to register for the meals.