
ENTREES AVAILABLE

Chicken Pot Pie— chicken, carrots, peas and mushrooms in a cream sauce topped with pastry. NEW

Lemon Chicken – chicken breast in lemon sauce with white rice, sugar snap peas & mushrooms.

Chicken Breast with White Cheddar & Broccoli Sauce – with roasted potatoes, mixed carrots, beans, peas and pearl onions.

Sweet & Sour Chicken – with rice.

Turkey with Stuffing & Cranberry Sauce – with mashed potatoes and peas.

Fish Florentine— cheese sauce over haddock on a bed of spinach with dill potatoes and carrots. NEW

Salmon in Lemon Sauce— on a bed of white rice with peas, carrots and mashed turnip. NEW

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

Shepherd's Pie— with peas and carrots. NEW

Veal Parmigiana— topped with tomato sauce and cheese, with peas, carrots & mashed potatoes. NEW

Meatloaf in Mushroom Gravy— with mashed potatoes, green & yellow beans and carrots.

Beef Stew— with squash and mashed potatoes. NEW

Pork with Stuffing – with mashed potatoes and carrots.

Baked Ham— in pineapple sauce with cheese on top, mashed potatoes and carrots.

Bangers & Mash— with mashed potatoes, gravy and peas.

Country Style Pork Casserole— with sweet potatoes and green beans.

Cheese Omelet—with home fried potatoes and stewed tomatoes. NEW

Macaroni & Cheese— with stewed tomatoes and mixed carrots, beans, peas and pearl onions. NEW

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

DESSERTS AVAILABLE

Apple Crisp

Cheesecake

Cherry Cobbler

Fruit Cocktail

Peach Cobbler

Rice Pudding

Chocolate Mousse

Strawberry Mousse

Carrot Cake

Strawberry Swirl Cheesecake

Chocolate Fudge Cake

Strawberry Short Cake

Lemon Layer Cake

Oatmeal Date Square

Pecan Pie NEW

Raspberry Tart NEW

Lemon Tart NEW

Vanilla Pudding NEW

SOUPS AVAILABLE

Beef Barley

Chicken Noodle

Minestrone

Broccoli and Cheese

Country Vegetable

Cream of Tomato

Cream of Cauliflower

Canadian Split Pea

Turkey Rice

Cream of Potato & Chives

Cream of Mushroom

Turkey Noodle

CommunityCare
for South Hastings

Meals On Wheels



Frozen 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



**FROZEN MEALS
AVAILABLE
FROM
COMMUNITY CARE FOR
SOUTH HASTINGS**

**All meals cost \$5.75, and
include entrée and
dessert.
Soup \$1.50**

**A minimum of 5 meals
must be ordered for
delivery.**