



ANCASTER COMMUNITY SERVICES

# **FROZEN MEALS**

## ***2024 Winter & Spring MENU***

Please place your weekly order online, or  
phone our office at 905-648-6675

***by 4:00 PM on Thursday***

**Ancaster Community Services**

**300 Wilson Street East**

**Ancaster · Ontario · L9G 2B9**

**[www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca)**

***[ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)***

**Phone: 905-648-6675**

# WEEK #1

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

- \_\_\_\_\_ Roast Beef, Gravy, Mashed Potato, Peas
- \_\_\_\_\_ Meatloaf, Gravy, Mashed Potato, Carrots
- \_\_\_\_\_ Veal Parmesan, Penne Pasta, Italian Mixed Vegetables
- \_\_\_\_\_ Turkey Schnitzel, Oven Roast Potato, Green Beans
- \_\_\_\_\_ BBQ Chicken Breast, Mashed Potato, Broccoli
- \_\_\_\_\_ Pork Garlic Bites, Rice, Asian Vegetables
- \_\_\_\_\_ Perogies with Onions, Mixed Vegetables

## Desserts

## Soups

- |                             |                          |
|-----------------------------|--------------------------|
| _____ Orange Cake           | _____ Beef Barley        |
| _____ Cherry Tart           | _____ Chicken Noodle     |
| _____ Shortbread Cookies    | _____ Chicken Rice       |
| _____ Chocolate Brownie     | _____ Vegetable          |
| _____ Tapioca               | _____ Cream of Asparagus |
| _____ Diet Vanilla Pudding  | _____ Butternut Squash   |
| _____ Diet Raspberry Mousse | _____ Potato Leek        |

# WEEK #2

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

- \_\_\_\_\_ Garden Vegetable Quiche, Mixed Vegetables
- \_\_\_\_\_ Baked Chicken, Mashed Potato, Peas
- \_\_\_\_\_ Shepherd's Pie, Gravy, Carrots
- \_\_\_\_\_ Broccoli Stuffed Chicken, Mashed Potato, Green Beans
- \_\_\_\_\_ Roast Pork Loin, Scalloped Potatoes, Corn
- \_\_\_\_\_ Hot Hamburger, Onions/ Gravy, Hash Browns & California Mixed Vegetables
- \_\_\_\_\_ Beer Battered Haddock, Potato Wedges, Broccoli

## Desserts

## Soups

- \_\_\_\_\_ Banana Cake
- \_\_\_\_\_ Butter Tart
- \_\_\_\_\_ Date Squares
- \_\_\_\_\_ Lemon Shortcake
- \_\_\_\_\_ Vanilla Pudding
- \_\_\_\_\_ Diet Peach Mousse
- \_\_\_\_\_ Sugar Free Berry Mix

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #3

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

- \_\_\_\_\_ Roast Turkey, Dressing, Gravy, Mashed Potato, Squash
- \_\_\_\_\_ Chicken Cordon Bleu, Oven Roast Potatoes, Yellow Beans
- \_\_\_\_\_ Chicken Stir-fry, White Rice, Asian Vegetables
- \_\_\_\_\_ Octoberfest Sausage, Broccoli, Garlic Mashed Potato
- \_\_\_\_\_ Vegetable Lasagna, Italian Vegetables
- \_\_\_\_\_ Sweet & Sour Meatballs, Rice, Carrots
- \_\_\_\_\_ Baked Sole, Oven Roasted Potato, PEI Vegetables

## Desserts

- \_\_\_\_\_ Lemon Square
- \_\_\_\_\_ Chocolate Cake
- \_\_\_\_\_ Oatmeal Cookies
- \_\_\_\_\_ Coconut Cream Pudding
- \_\_\_\_\_ Strawberry Ice Cream Cup
- \_\_\_\_\_ Diet Tangerine Mousse
- \_\_\_\_\_ Sugar Free Cheesecake

## Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #4

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

- \_\_\_\_\_ Veal Cutlet in Mushroom Sauce, Mashed Potato, Winter Mixed Vegetables
- \_\_\_\_\_ Lemon Chicken, Hash Browns, Green Beans
- \_\_\_\_\_ Baked Ham, Scalloped Potato, Corn
- \_\_\_\_\_ BBQ Pork Ribbettes, Oven Roasted Potato, Peas
- \_\_\_\_\_ Salisbury Steak, Gravy, Mashed Potatoes, Carrots
- \_\_\_\_\_ Spaghetti & Meat Balls, Italian Mixed Vegetables
- \_\_\_\_\_ Salmon with Dill Sauce, Mashed Potato, Broccoli

## Desserts

## Soups

- \_\_\_\_\_ Apple Brown Betty
- \_\_\_\_\_ French Cream Cake
- \_\_\_\_\_ Vanilla Caramel Cake
- \_\_\_\_\_ Rice Pudding
- \_\_\_\_\_ Triple Berry Crumble
- \_\_\_\_\_ Diet Chocolate Pudding
- \_\_\_\_\_ Diet Pears

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #5

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

\_\_\_\_\_ Apple Braised Pork Chop, Paprika Roast Potatoes, Turnip

\_\_\_\_\_ Chicken Fingers, Home Fries, Green Beans

\_\_\_\_\_ Cheese Tortellini, Italian Mixed Vegetables

\_\_\_\_\_ Swedish Meatballs, Mashed Potatoes, Carrots

\_\_\_\_\_ Cabbage Rolls, Garden Mixed Vegetables

\_\_\_\_\_ Garlic Chicken Breast, Oven Roast Potato, Yellow Beans

\_\_\_\_\_ Lemon Pepper Cod, Mashed Potatoes, Broccoli

## Desserts

## Soups

\_\_\_\_\_ Carrot Cake

\_\_\_\_\_ Cinnamon Coffee Cake

\_\_\_\_\_ Strawberry Shortcake

\_\_\_\_\_ Peanut Butter Cookies

\_\_\_\_\_ Two-Bite Raspberry Tarts

\_\_\_\_\_ Diet Lemon Mousse Cake

\_\_\_\_\_ Sugar-Free Vanilla Ice Cream

\_\_\_\_\_ Beef Barley

\_\_\_\_\_ Chicken Noodle

\_\_\_\_\_ Chicken Rice

\_\_\_\_\_ Vegetable

\_\_\_\_\_ Cream of Asparagus

\_\_\_\_\_ Butternut Squash

\_\_\_\_\_ Potato Leek

# PUREED

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

## Entrées

- \_\_\_\_\_ Pureed Beef, Green Beans, Potatoes
- \_\_\_\_\_ Pureed Salmon, Peas, Pasta
- \_\_\_\_\_ Pureed Ham, Waxed Beans, Scalloped Potatoes
- \_\_\_\_\_ Pureed Roast Pork, Carrots, Potatoes
- \_\_\_\_\_ Pureed Roast Chicken, Peas, Potatoes
- \_\_\_\_\_ Pureed Beef Stroganoff, Squash, Herbed Potatoes
- \_\_\_\_\_ Pureed Roast Turkey, Squash, Mashed Potatoes

## Desserts

## Soups

- \_\_\_\_\_ Vanilla Ice Cream
- \_\_\_\_\_ Strawberry Ice Cream
- \_\_\_\_\_ Tapioca
- \_\_\_\_\_ Rice Pudding
- \_\_\_\_\_ Diet Raspberry Mousse
- \_\_\_\_\_ Coconut Cream Pudding
- \_\_\_\_\_ Diet Chocolate Pudding

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek



ANCASTER COMMUNITY SERVICES

## FROZEN MEALS

*A Freshly Prepared Home-Style Frozen Meal Service*

- Flavourful home-style meal portions
- Meals can be kept frozen up to 6 months
- Meals are provided by Ina Grafton Gage Village in the Niagara Region
- Meals are labeled on the end of the container with the meal type i.e. Roast Beef, etc. and preparation date.
- Cooking times & instructions are provided on the cover of every entrée
- Meals come in containers that can be heated in the microwave or oven, from frozen or defrosted
- Nutritional information available upon request

**Meals are delivered to your door or can be picked up at our office**

*\*some conditions may apply for delivery*

**Pricing (June 2023):**

**\$6.75 – Entrée only**

**\$3.00 – Soup only**

**\$2.50 – Dessert only**

*This program is funded in part by:*



**Please Contact:**

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