



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

2022 Summer & Fall MENU

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

by 4:00 PM on Thursday

Diane Ranney

drannee@hpl.ca

Ancaster Community Services

300 Wilson Street East

Ancaster · Ontario · L9G 2B9

www.ancastercommunityservices.ca

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, Mixed Vegetables
- _____ Chicken Schnitzel, Oven Roast Potato, Green Beans
- _____ Citrus Chicken, Mashed Potato, Broccoli
- _____ Cheese Tortellini, Tomato Sauce, Green Beans
- _____ Perogies with Onions, Mixed Vegetables

Desserts

Soups

- _____ Orange Cake
- _____ Cherry Tart
- _____ Macaroon Bar
- _____ Chocolate Brownie
- _____ Tapioca
- _____ Diet Butterscotch Mousse
- _____ Diet Chocolate Cake

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Cream of Asparagus
- _____ Minestrone
- _____ Potato Leek

WEEK #2

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Garden Quiche, Mixed Vegetables
- _____ Baked Chicken, Mashed Potato, Carrots
- _____ Shepherds Pie, Carrots
- _____ Farmer's Sausage, Baked Beans, Broccoli
- _____ Roast Pork Loin, Scalloped Potatoes, Corn
- _____ Hot Hamburger, Onions, Gravy, Hash Browns & Mixed Veg
- _____ Vegetable Chow Mein, Brown Rice

Desserts

Soups

- _____ Banana Cake
- _____ Butterscotch
- _____ Date Square
- _____ Lemon Shortcake
- _____ Vanilla Pudding
- _____ Diet Strawberry Mousse
- _____ Sugar Free Berry Mix

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Cream of Asparagus
- _____ Minestrone
- _____ Potato Leek

WEEK #3

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Roast Turkey, Dressing, Gravy, Mashed Potato, Squash

_____ Chicken Fingers, Oven Roast Potatoes, Yellow Beans

_____ Honey Garlic Chicken, White Rice, Mixed Vegetables

_____ Octoberfest Sausage, Broccoli, Garlic Mashed Potatoes

_____ Macaroni & Cheese, Italian Mixed Vegetables

_____ Salisbury Steak, Gravy, Mashed Potato, Carrots

_____ Baked Sole, Oven Roasted Potato, PEI Vegetables

Desserts

_____ Lemon Square

_____ Chocolate Cake

_____ Oatmeal Cookies

_____ Coconut Cream Pudding

_____ Strawberry Ice Cream Cup

_____ Diet Lemon Mousse

_____ Sugar Free Cheesecake

Soups

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Cream of Asparagus

_____ Minestrone

_____ Potato Leek

WEEK #4

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Turkey Pot Pie, Squash
- _____ Lemon Chicken, Hash Browns, Green Beans
- _____ Baked Ham, Scalloped Potato, Corn
- _____ BBQ Pork Ribbettes, Oven Roasted Potato, Peas
- _____ Swedish Meatballs, Mashed Potato, Carrots
- _____ Cheese Cannelloni, Mixed Vegetables
- _____ Poached Pollock, Mashed Potato, Peas

Desserts

Soups

- | | |
|------------------------------|--------------------------|
| _____ Apple Brown Betty | _____ Beef Barley |
| _____ French Cream Cake | _____ Chicken Noodle |
| _____ Vanilla Caramel Cake | _____ Chicken Rice |
| _____ Rice Pudding | _____ Vegetable |
| _____ Tripleberry Crumble | _____ Cream of Asparagus |
| _____ Diet Chocolate Mousse | _____ Minestrone |
| _____ Diet Lemon Mousse Cake | _____ Potato Leek |

WEEK #5

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Apple Braised Pork Chop, Paprika Roast Potato, Turnip

_____ Chicken a la King, Puff Pastry, Green Beans

_____ Baked Cheesy Beef Macaroni, Peas

_____ Sweet and Sour Meatballs, Rice, Mixed Vegetables

_____ Cabbage Rolls, Garden Mixed Vegetables

_____ Turkey Schnitzel, Oven Roasted Potato, PEI Vegetables

_____ Vegetable Omelet, Home Fries, PEI Mixed Vegetables

Desserts

Soups

_____ Carrot Cake

_____ Pecan Streusel Cake

_____ Strawberry Shortcake

_____ Chocolate Chip Cookies

_____ Jelly Roll

_____ Diet Peaches

_____ Vanilla Ice Cream

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Cream of Asparagus

_____ Minestrone

_____ Potato Leek

PUREED

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Pureed Beef, Green Beans, Potatoes
- _____ Pureed Fish Newburg, Broccoli, Potatoes
- _____ Pureed Ham, Waxed Beans, Scalloped Potatoes
- _____ Pureed Roast Pork, Carrots, Potatoes
- _____ Pureed Roast Chicken, Peas, Potatoes
- _____ Pureed Lemon Chicken, Carrots, Potatoes
- _____ Pureed Turkey a la King, Yams, Peas

Desserts

Soups

- _____ Vanilla Ice Cream
- _____ Custard
- _____ Tapioca
- _____ Rice Pudding
- _____ Diet Broken Glass Parfait
- _____ Chocolate Pudding
- _____ Vanilla Pudding

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Cream of Asparagus
- _____ Cream of Mushroom
- _____ Potato Leek



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

A Freshly Prepared Home-Style Frozen Meal Service

- Flavourful home-style meal portions, and low in salt
- 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

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

**some conditions may apply for delivery*

\$6.50 – Entrée only

\$2.25 – Dessert only

\$3.00 – Soup only

**All items sold separately (no combos available)*

This program is funded in part by:



Please Contact: Diane Ranney

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