



ANCASTER COMMUNITY SERVICES

# **FROZEN MEALS**

## ***2023 Winter & Spring MENU***

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

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

***Diane Ranney***

**[dranney@hpl.ca](mailto:dranney@hpl.ca)**

**Ancaster Community Services**

**300 Wilson Street East**

**Ancaster • Ontario • L9G 2B9**

**[www.ancastercommunityservices.ca](http://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, Italian Mixed Vegetables
- \_\_\_\_\_ Chicken Schnitzel, Oven Roast Potato, Green Beans
- \_\_\_\_\_ BBQ Chicken Breast, Mashed Potato, Broccoli
- \_\_\_\_\_ Tourtiere Pie, Pork Gravy, Yellow Beans
- \_\_\_\_\_ Perogies with Onions, Mixed Vegetables

## Desserts

- \_\_\_\_\_ Orange Cake
- \_\_\_\_\_ Cherry Tart
- \_\_\_\_\_ Chocolate Truffle Bar
- \_\_\_\_\_ Chocolate Brownie
- \_\_\_\_\_ Tapioca
- \_\_\_\_\_ Butterscotch Pudding
- \_\_\_\_\_ Diet Chocolate Cake

## Soups

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

# WEEK #2

905-648-6675

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

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

## Entrées

- \_\_\_\_\_ Quiche Lorraine, Mixed Vegetables
- \_\_\_\_\_ Italian Baked Chicken, Mashed Potato, Brussel Sprouts
- \_\_\_\_\_ Shepherd's Pie, Gravy, Carrots
- \_\_\_\_\_ Chicken Alfredo, Rotini, Broccoli
- \_\_\_\_\_ Roast Pork Loin, Scalloped Potatoes, Corn
- \_\_\_\_\_ Hot Hamburger, Onions/ Gravy, Hash Browns & California Mixed Vegetables
- \_\_\_\_\_ Vegetable Chili, Rice

## Desserts

- \_\_\_\_\_ Banana Cake
- \_\_\_\_\_ Butterscotch
- \_\_\_\_\_ Date Square
- \_\_\_\_\_ Lemon Shortcake
- \_\_\_\_\_ Lemon Pudding
- \_\_\_\_\_ Diet Raspberry Mousse
- \_\_\_\_\_ Sugar Free Berry Mix

## Soups

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

# WEEK #3

905-648-6675

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

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

## Entrées

- \_\_\_\_\_ Turkey Roll, Dressing, Gravy, Mashed Potato, Squash
- \_\_\_\_\_ Chicken Cordon Bleu, Oven Roast Potatoes, Yellow Beans
- \_\_\_\_\_ Honey Garlic Chicken, White Rice, Oriental Vegetables
- \_\_\_\_\_ Octoberfest Sausage, Broccoli, Garlic Mashed Potatoes
- \_\_\_\_\_ Vegetable Lasagna, 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 Tangerine Mousse
- \_\_\_\_\_ Sugar Free Cheesecake

## Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Cream of Mushroom
- \_\_\_\_\_ 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

\_\_\_\_\_ Spaghetti & Meat Sauce, Italian Mixed Vegetables

\_\_\_\_\_ Poached Pollock/Lemon Dill Sauce, Mashed Potato, Peas

## Desserts

\_\_\_\_\_ Apple Brown Betty

\_\_\_\_\_ French Cream Cake

\_\_\_\_\_ Vanilla Caramel Cake

\_\_\_\_\_ Rice Pudding

\_\_\_\_\_ Tripleberry Crumble

\_\_\_\_\_ Diet Chocolate Mousse

\_\_\_\_\_ Maple Pudding Cake

## Soups

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

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

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

\_\_\_\_\_ Vegetable

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

\_\_\_\_\_ Cream of Mushroom

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

# WEEK #5

905-648-6675

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

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

## Entrées

- \_\_\_\_\_ Apple Braised Pork Chop, Paprika Roast Potato, Turnip
- \_\_\_\_\_ Chicken Stew with Dumplings, Green Beans
- \_\_\_\_\_ Baked Cheesy Beef Macaroni, Peas
- \_\_\_\_\_ Sweet and Sour Meatballs, Rice, Oriental Mixed Vegetables
- \_\_\_\_\_ Cabbage Rolls, Garden Mixed Vegetables
- \_\_\_\_\_ Turkey Schnitzel, Oven Roasted Potato, Cauliflower
- \_\_\_\_\_ Lemon Pepper Cod, Mashed Potato, PEI Mixed Vegetables

## Desserts

## Soups

- \_\_\_\_\_ Carrot Cake
- \_\_\_\_\_ Cinnamon Coffee Cake
- \_\_\_\_\_ Strawberry Shortcake
- \_\_\_\_\_ Peanut Butter Cookies
- \_\_\_\_\_ Jelly Roll
- \_\_\_\_\_ Diet Bread Pudding
- \_\_\_\_\_ Vanilla Ice Cream

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Cream of Mushroom
- \_\_\_\_\_ 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 Chocolate Mousse
- \_\_\_\_\_ Coconut Cream Pudding
- \_\_\_\_\_ Butterscotch 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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