



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

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, 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

Soups

- | | |
|-----------------------------|--------------------------|
| _____ Orange Cake | _____ Beef Barley |
| _____ Cherry Tart | _____ Chicken Noodle |
| _____ Chocolate Truffle Bar | _____ Chicken Rice |
| _____ Chocolate Brownie | _____ Vegetable |
| _____ Tapioca | _____ Cream of Asparagus |
| _____ Butterscotch Pudding | _____ Cream of Mushroom |
| _____ Diet Chocolate Cake | _____ 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

Soups

- _____ Banana Cake
- _____ Buttertart
- _____ Date Square
- _____ Lemon Shortcake
- _____ Lemon Pudding
- _____ Diet Raspberry Mousse
- _____ Sugar Free Berry Mix

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

Soups

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

- _____ 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

Soups

_____ Apple Brown Betty

_____ French Cream Cake

_____ Vanilla Caramel Cake

_____ Rice Pudding

_____ Tripleberry Crumble

_____ Diet Chocolate Mousse

_____ Maple Pudding Cake

_____ 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 | _____ Beef Barley |
| _____ Custard | _____ Chicken Noodle |
| _____ Tapioca | _____ Chicken Rice |
| _____ Rice Pudding | _____ Vegetable |
| _____ Diet Chocolate Mousse | _____ Cream of Asparagus |
| _____ Coconut Cream Pudding | _____ Cream of Mushroom |
| _____ Butterscotch Pudding | _____ 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
- Nutritional facts available upon request

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

**some conditions may apply for delivery*

Beginning April 1, 2023:

\$6.75 – Entrée only

\$3.00 – Soup only

\$2.50 – Dessert only

This program is funded in part by:



Please Contact: Diane Ranney

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