



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

2024 Summer & Fall 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

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
- _____ Turkey Cacciatore, Egg Noodles, Mixed Vegetables
- _____ BBQ Chicken Breast, Mashed Potato, Broccoli
- _____ Pork Souvlaki, Lemon Rice, Montego Mix Vegetables
- _____ Butter Chicken, Rice, Asian Vegetables
- _____ Eggplant Parmesan, Rotini, Italian Vegetables

Desserts

Soups

- _____ Orange Cake
- _____ Cherry Tart
- _____ Shortbread Cookies
- _____ Chocolate Brownie
- _____ Nanaimo Bar
- _____ Diet Banana Pudding
- _____ Diet Strawberry Mousse

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Italian Wedding
- _____ Cream of Cauliflower
- _____ Potato Leek

WEEK #2

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Turkey Schnitzel, Oven Roast Potato, Sunrise Mix Vegetables

_____ Baked Chicken, Mashed Potato, Peas

_____ Shepherd's Pie, Gravy, Carrots

_____ Broccoli Stuffed Chicken, Mashed Potato, Corn

_____ Veal Parmesan, Penne Pasta, Italian Mix Vegetable

_____ Hot Hamburger, Onions/Gravy, Hash Browns & California
Mixed Vegetables

_____ Cheese Cannelloni, Broccoli

Desserts

_____ Banana Cake

_____ Butter Tart

_____ Date Squares

_____ Lemon Shortcake

_____ Triple Chocolate Fudge Cake

_____ Diet Peach Mousse

_____ Sugar Free Berry Mix

Soups

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Italian Wedding

_____ Cream of Cauliflower

_____ Potato Leek

WEEK #3

905-648-6675

Name: _____

Order Date: _____

Entrées

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

_____ Chicken Cordon Bleu, Oven Roast Potatoes, Florentine Mix Veg.

_____ Chicken Stir-fry, White Rice, Asian Vegetables

_____ Octoberfest Sausage, Garlic Mashed Potato, Broccoli

_____ Sweet & Sour Meatballs, Rice, Carrots

_____ Cheeseburger Pasta Casserole, Cauliflower

_____ Krunchie Perch, Mashed Potato, Sunrise Mixed Vegetables

Desserts

Soups

_____ Lemon Square

_____ Chocolate Cake

_____ Oatmeal Cookies

_____ Boston Cream Cake

_____ Butterscotch Ice Cream Cup

_____ Diet Tangerine Mousse

_____ Diet Peaches

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Italian Wedding

_____ Cream of Cauliflower

_____ Potato Leek

WEEK #4

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Ranch Chicken, Mashed Potato, Winter Mix Veg.
- _____ Lemon Chicken, Hash Browns, Cauliflower
- _____ Baked Ham, Scalloped Potato, Corn
- _____ BBQ Pork Ribettes, Oven Roast Potato, Peas
- _____ Salisbury Steak, Gravy, Mashed Potatoes, Carrots
- _____ Spaghetti & Meat Balls, Italian Mixed Vegetables
- _____ Beer Battered Haddock, Potato Wedges, Broccoli

Desserts

Soups

- _____ Apple Brown Betty
- _____ French Cream Cake
- _____ Vanilla Caramel Cake
- _____ Rocky Road Brownie
- _____ Triple Berry Crumble
- _____ Diet Chocolate Pudding
- _____ Diet Mandarin Oranges

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Italian Wedding
- _____ Cream of Cauliflower
- _____ Potato Leek

WEEK #5

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Apple Braised Pork Chop, Paprika Roast Potatoes, Turnip

_____ Chicken Fingers, Home Fries, Broccoli

_____ Swedish Meatballs, Egg Noodles, Carrots

_____ Cabbage Rolls, Garden Mixed Vegetables

_____ Garlic Chicken Breast, Mashed Potato, Italian Mixed Veg.

_____ Meat Lasagna, Mexican Mixed Vegetables

_____ Parmesan Herb Crusted Tilapia, Mashed Potato, California Mixed Veg.

Desserts

Soups

_____ Carrot Cake

_____ Cinnamon Coffee Cake

_____ Strawberry Shortcake

_____ Peanut Butter Cookies

_____ Maple Chocolate Mania Cake

_____ Diet Lemon Mousse Cake

_____ Sugar-Free Vanilla Ice Cream

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Italian Wedding

_____ Cream of Cauliflower

_____ 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
- _____ Butterscotch Ice Cream
- _____ Chocolate Ice Cream
- _____ Tropical Fruit Chiffon
- _____ Diet Strawberry Mousse
- _____ Diet Peach Mousse
- _____ Diet Banana Pudding

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Italian Wedding
- _____ Cream of Cauliflower
- _____ 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

\$3.00 – Soup

\$2.50 – Dessert

This program is funded in part by:



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