



# Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday Aug 19<sup>th</sup>

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 19 <sup>th</sup>	Pulled Pork Rice Sunrise Vegetables	Mexican Chicken Rice & Broccoli & Cauliflower	Meatballs Au Jus Mash Mixed Vegetables	Butter Chicken Rice Broccoli	Chicken Pie Potato Green Beans
Aug 26 <sup>th</sup>	Bangers & Mash Peas & Greens	Chicken Teriyaki Rice Brussel Sprouts	Pasta Bolognese Broccoli	Chicken Parmesan Couscous Broccoli & Cauliflower	Sweet Chili Meatballs Mashed Potatoes Mixed Vegetables
Sept 2 <sup>nd</sup>	Labour Day!	Chicken Alfredo Pasta Broccoli & Cauliflower	Chili Con Carne Rice Peas & Carrots	Grilled Chicken Couscous Broccoli	Turkey & Vegetable Pie Potato Mixed Vegetables
Sept 9 <sup>th</sup>	Sweet & Sour Pork Rice Sunrise Vegetables	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Country Ham Fall Medley Peas	Cheese Tortellini Carrots
Sept 16 <sup>th</sup>	Fish & Chips Breaded sole, wedges Green Beans	Mince and Tatties Peas	Pork Riblets Rice Green Beans	Chicken Cordon Bleu Mash Mixed Vegetables	Tourtière Mashed Potato Carrots








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### Alternative Lunch options available upon request

Please let Ancaster Community Services know if you would like to replace a regularly scheduled lunch with one of the following entrees:

-  Shepherd's Pie with Peas & Carrots
-  Grilled Chicken Thighs with Rice & Mixed Vegetables
-  Turkey Dinner with Gravy, Mashed Potatoes & Carrots
-  Hearty Beef Lasagna with Green Beans, Yellow & Orange carrots
-  Beef Meatloaf with Onion Gravy, Mashed Potato & Carrots