



Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday Sept 23rd

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 23 rd	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
Sept 30 th	Bangers & Mash Peas & Greens	Chicken Teriyaki Rice Brussel Sprouts	Pasta Bolognese Broccoli	Chicken Parmesan Couscous Broccoli & Cauliflower	Sweet Chili Meatballs Mashed Potatoes Mixed Vegetables
Oct 7 th	Sweet & Sour Pork Rice Sunrise Vegetables	Chicken Alfredo Pasta Broccoli & Cauliflower	Chili Con Carne Rice Peas & Carrots	Grilled Chicken Couscous Broccoli	Turkey & Vegetable Pie Potato Mixed Vegetables
Oct 14 th	🍁 Happy Thanksgiving 🍁	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Country Ham Fall Medley Peas	Cheese Tortellini Carrots
Oct 21 st	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