



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

2025 Winter & Spring 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, Rotini, Mixed Vegetables
- _____ BBQ Chicken Breast, Mashed Potato, Broccoli
- _____ Veggie Quiche, Home Fries, Montego Mix Vegetables
- _____ Honey Garlic Chicken, Rice, Asian Vegetables
- _____ Perogies & Onions, Mixed Vegetables

Desserts

Soups

- | | |
|---------------------------------|-------------------------|
| _____ Orange Cake | _____ Beef Barley |
| _____ Lemon Tart | _____ Chicken Noodle |
| _____ Shortbread Cookies | _____ Chicken Rice |
| _____ Rice Pudding | _____ Vegetable |
| _____ Nanaimo Bar | _____ Potato Leek |
| _____ Diet Butterscotch Pudding | _____ Cream of Mushroom |
| _____ Diet Chocolate Mousse | _____ Cream of Broccoli |

WEEK #2

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Turkey Schnitzel, Oven Roast Potato, Sunrise Mix Vegetables

_____ Baked Chicken, Mashed Potato, Asparagus

_____ Shepherd's Pie, Gravy, Carrots

_____ Sweet 'n' Sour Meatballs, Rice, Peas

_____ Pork Loin, Scalloped Potatoes, Turnip

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

_____ Cheese Tortellini, Broccoli

Desserts

Soups

_____ Apple Brown Betty

_____ Butter Tart

_____ Date Squares

_____ Lemon Shortcake

_____ Triple Chocolate Fudge Brownie

_____ Diet Peach Mousse

_____ Sugar Free Berry Mix

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Potato Leek

_____ Cream of Mushroom

_____ Cream of Broccoli

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
- _____ Farmer's Sausage, Baked Beans, Broccoli
- _____ Veal Cutlet, Mushroom Gravy, Mashed Potatoes, Carrots
- _____ Penne & Meat Sauce, California Mixed Vegetables
- _____ Cod Nuggets, Home Fries, Sunrise Mixed Vegetables

Desserts

Soups

- _____ Lemon Square
- _____ Chocolate Cake
- _____ Oatmeal Cookies
- _____ Boston Cream Cake
- _____ Strawberry Ice Cream
- _____ Diet Tangerine Mousse
- _____ Diet Bread Pudding

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Cream of Mushroom
- _____ Cream of Broccoli

WEEK #4

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Chicken Stew, Dumplings, Winter Mix Vegetables

_____ Lemon Chicken, Hash Browns, Cauliflower

_____ Baked Ham, Scalloped Potato, Corn

_____ BBQ Pork Ribettes, Oven Roasted Potatoes, Peas

_____ Salisbury Steak, Gravy, Mashed Potatoes, Carrots

_____ Spaghetti & Meat Balls, Italian Mixed Vegetables

_____ Beer Battered Haddock, Potato Wedges, Broccoli

Desserts

Soups

_____ Strawberry Shortcake

_____ French Cream Cake

_____ Vanilla Caramel Cake

_____ Black Forest Cake

_____ Triple Berry Crumble

_____ Diet Vanilla Pudding

_____ Diet Fruit Cocktail

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Potato Leek

_____ Cream of Mushroom

_____ Cream of Broccoli

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

_____ Ginger Orange Chicken Breast, Rice, Asian Vegetables

_____ Vegetable Lasagna, Italian Mixed Vegetables

_____ Baked Sole, Mashed Potato, California Mixed Vegetables

Desserts

Soups

_____ Carrot Cake

_____ Cinnamon Roll Bar

_____ Pecan Streusel

_____ Peanut Butter Cookies

_____ Chocolate Brownie

_____ Diet Peaches

_____ Sugar-Free Vanilla Ice Cream

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Vegetable

_____ Potato Leek

_____ Cream of Mushroom

_____ Cream of Broccoli

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
- _____ Rice Pudding
- _____ Diet Strawberry Mousse
- _____ Diet Peach Mousse
- _____ Diet Banana Pudding

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Cream of Mushroom
- _____ Cream of Broccoli



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*

<p>Pricing: \$6.75 – Entrée \$3.00 – Soup \$2.50 – Dessert</p>
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This program is funded in part by:



Please Contact:

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