



Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday Jan 6th

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 6 th	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
Jan 13 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
Jan 20 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
Jan 27 th	Turkey Schnitzel Mash Vegetables	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Country Ham Fall Medley Peas	Cheese Tortellini Carrots
Feb 3 rd	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