



# Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday April 21<sup>st</sup>

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
April 21 <sup>st</sup>	Happy Easter 🐣	Mexican Chicken Rice & Broccoli & Cauliflower	Meatballs Au Jus Mash Mixed Vegetables	Butter Chicken Rice Broccoli	Chicken Pie Potato Green Beans
April 28 <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
May 5 <sup>th</sup>	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
May 12 <sup>th</sup>	Turkey Schnitzel Mash Vegetables	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Pulled Pork Rice Sunrise Vegetables	Cheese Tortellini Carrots
May 19 <sup>th</sup>	Victoria Day!	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