



Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday Sept 8th

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 8 th	Chicken Parmesan Couscous Broccoli & Cauliflower	Country Ham Fall Medley Peas	Meatballs Au Jus Mash Mixed Vegetables	Butter Chicken Rice Broccoli	Chicken Pie Potato Green Beans
Sept 15 th	Bangers & Mash Peas & Greens	Chicken Teriyaki Rice Brussel Sprouts	Mexican Chicken Rice & Broccoli & Cauliflower	Sweet Chilli Meatballs Rice Mixed Vegetables	Pork Riblets Rice Green Beans
Sept 22 nd	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
Sept 29 th	Fish & Chips Breaded sole, wedges Green Beans	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Pulled Pork Rice Sunrise Vegetables	Pasta Bolognese Broccoli
Oct 6 th	Turkey Schnitzel Mash Carrots	Mince and Tatties Peas	Plum Chicken Rice Sunrise Vegetables	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