



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

2025/2026

Harvest 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

- _____ Vegetable Lasagna, Italian Mixed Vegetables
- _____ Roast Beef, Beef Gravy, Mashed Potato, Green Peas
- _____ Chicken Pot Pie, Mashed Sweet Potatoes, Cauliflower
- _____ Bacon Wrapped Pork Medallion, Pork Gravy, Roasted Potatoes, Turnip
- _____ Lemon Pepper Cod, Potato Wedges, Sliced Carrots
- _____ Meatloaf, Beef Gravy, Mashed Potatoes, Zucchini
- _____ BBQ Baked Chicken, Mashed Potatoes, Broccoli

Desserts

Soups

- _____ Orange Cake
- _____ Lemon Tart
- _____ Shortbread Cookies
- _____ Macaroon Madness Bar
- _____ Nanaimo Bar
- _____ Diet Spiced Apples
- _____ Diet Raspberry Mousse

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Italian Wedding
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Tomato Basil

WEEK #2

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Tourtiere Pie, Home Fries, California Vegetables
- _____ Sweet & Sour Chicken Meatballs, Fluffy Rice, Diced Carrots
- _____ Beef Sheperd's Pie, Beef Gravy, Green Beans
- _____ Veggie Pasta Primavera, Bow Tie Pasta, Green Peas
- _____ Pesto Salmon, Fluffy Rice, Yellow Beans
- _____ Baked Chicken Parmesan, Penne with Marinara Sauce, Broccoli
- _____ Spanish Pork Chop, Mashed Potatoes, Buttered Corn

Desserts

- _____ Diet Banana Pudding
- _____ Diet Sliced Pears
- _____ Butter Tart
- _____ Lemon Cream Shortcake
- _____ Triple Chocolate Brownie
- _____ Apple Brown Betty Cake
- _____ Maple Extreme Cake

Soups

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Italian Wedding
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Tomato Basil

WEEK #3

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Pepper & Zucchini Frittata, Home Fries, Sunrise Vegetables

_____ Cod Divan, Fluffy Rice, Sliced Carrots

_____ Roast Turkey, Dressing, Gravy, Mashed Potatoes, Squash

_____ Chicken Cordon Bleu, Roasted Potatoes, Broccoli

_____ Beef Stroganoff, Parslied Noodles, Green Peas

_____ Farmers Sausage, German Potato Salad, Brussel Sprouts

_____ Beef Macaroni, Florentine Vegetable Mix

Desserts

Soups

_____ Molasses Ginger Cookies

_____ Chocolate Eclair

_____ Diet Diced Mango

_____ Pineapple Upside Down Cake

_____ Blueberry Tart

_____ Toffee Pudding Cake

_____ Diet Butterscotch Pudding

_____ Beef Barley

_____ Chicken Noodle

_____ Italian Wedding

_____ Chicken Rice

_____ Vegetable

_____ Potato Leek

_____ Tomato Basil

WEEK #4

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Spaghetti & Meatballs, Italian Mixed Vegetables
- _____ Vegetable Curry, Parslied Noodles, Green Beans
- _____ Salisbury Steak, Onions, Gravy, Garlic Mashed Potatoes, Fall Medley Vegetables
- _____ Honey Garlic Ribettes, Roasted Potatoes, Buttered Corn
- _____ Beer Battered Haddock, Potato Wedges, Broccoli
- _____ Butter Chicken, Fluffy Rice, Green Peas
- _____ Chicken Stir Fry, Chow Mein Noodles, Asian Vegetables

Desserts

Soups

- _____ Diet Lemon Mousse
- _____ French Cream Cheesecake
- _____ Strawberry Shortcake
- _____ Black Forest Cake
- _____ Boston Cream Cake
- _____ Triple Berry Crumble
- _____ Diet Pineapple Tidbits

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Italian Wedding
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Tomato Basil

WEEK #5

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Swiss Steak, Garlic Mashed Potatoes, Asparagus
- _____ Chicken Fingers, Home Fries, Broccoli
- _____ Apple Braised Pork Chop, Mashed Potatoes, Turnip
- _____ Macaroni & Cheese, California Vegetables
- _____ Swedish Meatballs, Buttered Egg Noodles, Carrots
- _____ Orange Ginger Chicken, Fluffy Rice, Asian Vegetables
- _____ Pollock with Dill Sauce, Roasted Potatoes, Cocktail Vegetables

Desserts

Soups

- _____ Coconut Raspberry Butter Tart
- _____ Cinnamon Roll Cake
- _____ Pecan Streusel Cake
- _____ Chocolate Brownie
- _____ Diet Pumpkin Mousse
- _____ Carrot Cake
- _____ Diet Fruit Cocktail

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Italian Wedding
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Tomato Basil

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
- _____ Italian Wedding
- _____ Chicken Rice
- _____ Vegetable
- _____ Potato Leek
- _____ Tomato Basil



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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