



Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday Jan 26th

Daily lunch includes Soup of the Day, Entrée & Dessert

Week starting	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 26 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
Feb 2 nd	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
Feb 9 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
Feb 16 th	!Happy Family Day!	Honey Garlic Chicken Rice Brussel Sprouts	Chicken Kiev Couscous Broccoli	Pulled Pork Rice Sunrise Vegetables	Pasta Bolognese Broccoli
Feb 23 rd	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