



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](http://www.ancastercommunityservices.ca)**

***[ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)***

**Phone: 905-648-6675**

# WEEK #1

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

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## Entrées

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- \_\_\_\_\_ 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

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## 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: \_\_\_\_\_

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## Entrées

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- \_\_\_\_\_ 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

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## Desserts

## Soups

- |                                |                       |
|--------------------------------|-----------------------|
| _____ Diet Banana Pudding      | _____ Beef Barley     |
| _____ Diet Sliced Pears        | _____ Chicken Noodle  |
| _____ Butter Tart              | _____ Italian Wedding |
| _____ Lemon Cream Shortcake    | _____ Chicken Rice    |
| _____ Triple Chocolate Brownie | _____ Vegetable       |
| _____ Apple Brown Betty Cake   | _____ Potato Leek     |
| _____ Maple Extreme Cake       | _____ Tomato Basil    |

# WEEK #3

905-648-6675

Name: \_\_\_\_\_

Order Date: \_\_\_\_\_

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## Entrées

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\_\_\_\_\_ 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

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## Desserts

## Soups

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\_\_\_\_\_ 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: \_\_\_\_\_

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## Entrées

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- \_\_\_\_\_ 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

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## 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: \_\_\_\_\_

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## Entrées

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- \_\_\_\_\_ 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

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## 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: \_\_\_\_\_

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## Entrées

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- \_\_\_\_\_ 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

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## 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*

***Pricing effective April 1, 2026:***

***\$7.25 – Entrée***

***\$3.25 – Soup***

***\$2.75 – Dessert***

*This program is funded in part by:*



**Please Contact:**

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