



Meals on Wheels



ANCASTER COMMUNITY SERVICES

905-648-6675

Menu starting Monday April 6th

Daily lunch includes Soup of the Day, Entrée & Dessert

| Week starting | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|---|--|--|
| April 6 th | Easter Monday 🐣 | Country Ham Fall Medley Peas | Meatballs Au Jus Mash Mixed Vegetables | Butter Chicken Rice Broccoli | Chicken Pie Potato Green Beans |
| April 13 th | Bangers & Mash Peas & Greens | Chicken Teriyaki Rice Mixed Vegetables | Chicken Tenders & Wedges Rice & Broccoli & Cauliflower | Sweet Chilli Meatballs Mash Mixed Vegetables | Pork Riblets Rice Green Beans |
| April 20 th | Sweet & Sour Pork Rice Sunrise Vegetables | Chicken Alfredo Pasta Broccoli & Cauliflower | Chili Con Carne Rice Peas & Carrots | Plum Chicken Rice Sunrise Vegetables | Turkey & Vegetable Pie Potato Mixed Vegetables |
| April 27 th | Fish & Chips Breaded sole, wedges Green Beans | Honey Garlic Chicken Rice Mixed Vegetables | Chicken Kiev Couscous Broccoli | Pulled Pork Rice Sunrise Vegetables | Pasta Bolognese Broccoli |
| May 4 th | Turkey Schnitzel Mash Carrots | Mince and Tatties Peas | Chicken & Pasta in rose sauce Broccoli | 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