



ANCASTER COMMUNITY SERVICES

FROZEN MEALS

2026

Garden 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

- _____ Roast Beef, Gravy, Mashed Potatoes, Green Peas
 - _____ BBQ Baked Chicken, Sweet Potato Mash, Mexican Mixed Vegetables
 - _____ Turkey a la King, Pastry Shell, Classic Mixed Vegetables
 - _____ Baked Ham, Scalloped Potatoes, Sliced Carrots
 - _____ Veal Parmesan, Penne & Marinara Sauce, Paradisio Mixed Vegetables
 - _____ Butter Poached Cod, Pineapple Salsa, Fluffy Rice, PEI Mix
 - _____ Cheese Tortellini with Pesto Tomato Italian Mixed Vegetables
-

Desserts

Soups

- _____ Lemon Tart
- _____ Nanaimo Bar
- _____ Orange Cake
- _____ Shortbread Cookies
- _____ Rocky Road Brownies
- _____ Sugar-free Apple Sauce
- _____ Diet Raspberry Mousse

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Navy Bean & Cabbage
- _____ Vegetable
- _____ Cream of Carrot
- _____ Roasted Red Pepper & Tomato

WEEK #2

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Beef Sheperd's Pie, Gravy, Carrots
 - _____ Chicken Kiev, Mashed Potatoes, Montego Mixed Vegetables
 - _____ Tender Pollock with Tomato & Basil, Fluffy Rice, Florentine Vegetables
 - _____ BBQ Glazed Pork Chops, Potato Wedges, Corn
 - _____ Creamy Tuscan Chicken Pasta, Broccoli
 - _____ Liver & Onions, Gravy, Mashed Potatoes, Green Beans
 - _____ Asparagus, Red Pepper & Feta Quiche, Sunrise Vegetables
-

Desserts

Soups

- | | |
|------------------------------|-----------------------------------|
| _____ Triple Chocolate Cake | _____ Beef Barley |
| _____ Apple Brown Betty | _____ Chicken Noodle |
| _____ Butter Tart Bar | _____ Chicken Rice |
| _____ Berry Burst Cake | _____ Navy Bean & Cabbage |
| _____ Cherry Yogurt Danish | _____ Vegetable |
| _____ Diet Sliced Pears | _____ Cream of Carrot |
| _____ Diet Chocolate Pudding | _____ Roasted Red Pepper & Tomato |

WEEK #3

905-648-6675

Name: _____

Order Date: _____

Entrées

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

_____ Montreal Spiced Chicken Breast, Garlic Mashed Potatoes,
Kale Vegetable Mix

_____ Cabbage Rolls, California Vegetable Mix

_____ Breaded Sole Fillet, Home Fries, Asparagus

_____ Sweet & Sour Pork Bites, Rice, Asian Vegetable Mix

_____ Veal Steakette, Mushroom Gravy, Mashed Potatoes,
Rutabaga

_____ Perogies & Onions, Cocktail Mixed Vegetables

Desserts

Soups

_____ Chocolate Eclair

_____ Pineapple Upside Down
Cake

_____ Coconut Raspberry Tart

_____ Lemon Burst Cookies

_____ Strawberry Tart

_____ Diet Tangerine Mousse

_____ Diet Diced Mango

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Navy Bean & Cabbage

_____ Vegetable

_____ Cream of Carrot

_____ Roasted Red Pepper &
Tomato

WEEK #4

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Salisbury Steak, Onions, Gravy, Garlic Mashed Potatoes, Peas

_____ Western Omelet, Home Fries, New England Mixed Vegetables

_____ Chicken Stir Fry, Chow Mein Noodles, Asian Mixed Vegetables

_____ Beer Battered Haddock, Potato Wedges, Broccoli

_____ Pork Souvlaki, Fluffy Rice, Zucchini & Red Peppers

_____ Turkey Schnitzel, Mashed Potatoes, Niagara Vegetable Mix

_____ Vegetable Chili, Corn Cake, Cauliflower

Desserts

Soups

_____ French Cream Cheesecake

_____ Strawberry Shortcake

_____ Triple Berry Crumble

_____ Black Forest Cake

_____ Tiramisu Cake

_____ Diet Lemon Mousse

_____ Diet Apricots

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Navy Bean & Cabbage

_____ Vegetable

_____ Cream of Carrot

_____ Roasted Red Pepper & Tomato

WEEK #5

905-648-6675

Name: _____

Order Date: _____

Entrées

_____ Chicken Fingers, Home Fries, Prince Edward Mixed Vegetables

_____ Pesto Salmon Loin, Garlic Mashed Potatoes, California Mixed Vegetables

_____ Spaghetti & Meatballs, Italian Mixed Vegetables

_____ Sweet Chili Chicken Thighs, Roasted Potatoes, Corn

_____ Terriyaki Beef & Broccoli, Fluffy Rice

_____ Roast Pork Loin, Gravy, Scalloped Potatoes, Montego Mixed Vegetables

_____ Vegetable Burritos, Garden Salsa, Peas & Carrots

Desserts

Soups

_____ Carrot Cake

_____ Cinnamon Roll Cake

_____ Coconut Raspberry Tart

_____ Chocolate Brownie

_____ Red Velvet Cake

_____ Diet Tropical Fruit

_____ Diet Vanilla Mousse

_____ Beef Barley

_____ Chicken Noodle

_____ Chicken Rice

_____ Navy Bean & Cabbage

_____ Vegetable

_____ Cream of Carrot

_____ Roasted Red Pepper & Tomato

PUREED

905-648-6675

Name: _____

Order Date: _____

Entrées

- _____ Pureed Beef, Green Beans, Potatoes
- _____ Pureed Roast Turkey, Squash, Potatoes
- _____ Pureed Ham, Montego Mix, Scalloped Potatoes
- _____ Pureed Roast Chicken, Peas, Potatoes
- _____ Pureed Spaghetti & Meatballs, Italian Mixed Vegetables

Desserts

- _____ Vanilla Ice Cream
- _____ Butterscotch Ice Cream
- _____ Chocolate Ice Cream
- _____ Rice Pudding
- _____ Diet Strawberry Mousse
- _____ Diet Peach Mousse
- _____ Diet Banana Pudding

Soups

- _____ Beef Barley
- _____ Chicken Noodle
- _____ Chicken Rice
- _____ Navy Bean & Cabbage
- _____ Vegetable
- _____ Cream of Carrot
- _____ Roasted Red Pepper & Tomato



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:



Ontario
Health



Hamilton

Please Contact:

Ancaster Community Services

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