



**Ancaster**  
Community Services

**FROZEN MEALS**

**2026/2027**

**HOMESTYLE**

**MENU**

**WINTER & SPRING**

**Please place your weekly  
order by 3:00PM on Thursday**

Orders can be placed online at  
[ancastercommunityservices.ca](http://ancastercommunityservices.ca)  
or by phoning our office at:

**(905) 648-6675**

# WEEK #1

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

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

## Entrées

- ☐ Chicken Cordon Bleu, Home Fries, Montego Vegetables
- ☐ Roast Beef, Gravy, Mashed Potatoes, Green Peas
- ☐ Chicken Stew, Dumplings, Broccoli
- ☐ Teriyaki Pork Chop, Fluffy Rice, Asian Vegetables
- ☐ Poached Cod & Dill Sauce, Mashed Potatoes, Fancy Vegetables
- ☐ Beef Macaroni, Florentine Veggie Mix
- ☐ BBQ Baked Chicken, Potato Wedges, Paradisio Blend

## Soups

- ☐ Beef Barley
- ☐ Chicken Noodle
- ☐ Lentil
- ☐ Chicken Rice
- ☐ Potato Leek
- ☐ Split Pea
- ☐ Cream of Tomato

## Desserts

- ☐ Orange Cake
- ☐ Macaroon Madness Bar
- ☐ Nanaimo Bar
- ☐ Diet Raspberry Mousse
- ☐ Diet Spiced Apples

# WEEK #2

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

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

## Entrées

- ☐ Beef Stew, Mashed Potatoes, Squash
- ☐ Herbed Chicken, Mashed Potato, PEI Veggies
- ☐ Spaghetti & Meatballs, Italian Mixed Vegetables
- ☐ Western Omelet, Home Fries Green Peas
- ☐ Pesto Salmon, Fluffy Rice, California veggies
- ☐ Chicken Parmesan, Penne with Marinara Broccoli
- ☐ Spanish Pork Chop, Scalloped Potatoes, Corn

## Soups

- ☐ Beef Barley
- ☐ Chicken Noodle
- ☐ Lentil
- ☐ Chicken Rice
- ☐ Potato Leek
- ☐ Split Pea
- ☐ Cream of Tomato

## Desserts

- ☐ Butter Tart
- ☐ Lemon Cream Shortcake
- ☐ Maple Extreme Cake
- ☐ Diet Banana Pudding
- ☐ Diet Sliced Pears

# WEEK #3

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

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

## Entrées

- ☐ Sweet & Sour Pork Bites, Rice, Sunrise Veggies
- ☐ Lemon Pepper Cod, Roasted Potatoes, Carrots
- ☐ Roast Turkey, Dressing, Gravy, Mashed Potatoes, Squash
- ☐ Chicken Alfredo, Italian Mixed Vegetables
- ☐ Beef Burger, Mushroom Gravy, Mashed Potatoes, Rutabaga
- ☐ Vegetable Lasagna, Florentine Veggie Mix
- ☐ Baked Ham, Scalloped Potatoes, Corn

## Soups

- ☐ Beef Barley
- ☐ Chicken Noodle
- ☐ Lentil
- ☐ Chicken Rice
- ☐ Potato Leek
- ☐ Split Pea
- ☐ Cream of Tomato

## Desserts

- ☐ Chocolate Eclair
- ☐ Strawberry Shortcake
- ☐ Blueberry Tart
- ☐ Diet Butterscotch Pudding
- ☐ Diet Diced Mango

# WEEK #4

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

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

## Entrées

- ☐ Beef Shepherd's Pie, Gravy, Diced Carrots
- ☐ Spinach & Cheese Cannelloni, Fall Vegetables
- ☐ Salisbury Steak, Onions, Gravy, Garlic Mashed Potatoes, Sunrise Veggies
- ☐ Farmer's Sausage, Home Fries, Brussel Sprouts
- ☐ Beer Battered Haddock, Potato Wedges, Broccoli
- ☐ Butter Chicken, Fluffy Rice, Green Peas
- ☐ Chicken Stir Fry, Chow Mein Noodles, Asian Vegetables

## Soups

- ☐ Beef Barley
- ☐ Chicken Noodle
- ☐ Lentil
- ☐ Chicken Rice
- ☐ Potato Leek
- ☐ Split Pea
- ☐ Cream of Tomato

## Desserts

- ☐ Cherry Cheesecake
- ☐ Caramel Vanilla Cake
- ☐ Chocolate Raspberry Cake
- ☐ Diet Lemon Mousse
- ☐ Diet Peaches

# WEEK #5

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

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

## Entrées

- ☐ Meatloaf, Gravy, Mashed Potatoes, Asparagus
- ☐ Chicken Fingers, Home Fries, Broccoli
- ☐ Apple Braised Pork Chop, Mashed Potatoes, Turnip
- ☐ Perogies & Onions, Paradisio Blend
- ☐ Swedish Meatballs, Buttered Egg Noodles, Carrots
- ☐ Orange Ginger Chicken, Rice, Asian Vegetables
- ☐ Breaded Sole, Roasted Potatoes, Montego Veggies

## Soups

- ☐ Beef Barley
- ☐ Chicken Noodle
- ☐ Lentil
- ☐ Chicken Rice
- ☐ Potato Leek
- ☐ Split Pea
- ☐ Cream of Tomato

## Desserts

- ☐ Carrot Cake
- ☐ Butter Pecan Tart
- ☐ Chocolate Brownie
- ☐ Diet Strawberry Mousse
- ☐ Diet Fruit Cocktail

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

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

## **Puréed Entrées**

- ☐ Puréed Ham, Scalloped Potatoes, Mixed Veggies
- ☐ Puréed Chicken, Penne with Marinara, Broccoli
- ☐ Puréed Roast Beef, Potatoes, and Green Peas
- ☐ Puréed Roast Turkey, Squash and Potatoes
- ☐ Puréed Pork, Potatoes, Carrots

## **Minced Entrées**

- ☐ Minced Roast Turkey, Mashed Potatoes, Squash
- ☐ Minced Roast Beef, Mashed Potato, Green Peas
- ☐ Minced Herbed Chicken, Mashed Potatoes,  
Mixed Veggies

## **Desserts (Puréed/Minced)**

- ☐ Diet Applesauce
- ☐ Diet Banana Pudding
- ☐ Diet Butterscotch Pudding
- ☐ Diet Strawberry Mousse
- ☐ Diet Lemon Mousse

**Puréed meals are available Week 1 through Week 5.  
Please feel free to order as many as you like.**



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Community Services

# FROZEN MEALS

*Pricing effective April 1, 2026*

**Entrée: \$7.25**

**Soup: \$3.25**

**Dessert: \$2.75**

Meals can be picked up at our office or delivered to your door. (Some conditions apply for delivery.)



Meals can be frozen for up to 6 months.



Meals can be heated in the oven or microwave.



Meals can be heated from frozen or defrosted.



Cooking instructions and preparation dates are labelled on bottom of each meal.



Nutritional information is available by request.

This program is  
funded in part by:



Hamilton



**Ontario  
Health**

*Meals provided by Niagara Ina Grafton Gage Village*