



**DUNDAS**  
COMMUNITY SERVICES

# FROZEN MEALS

**NEW MENU**

**Released January 15th, 2024**

To place a weekly order, please call

Dundas Community Services at

905-627-5461 by 12pm on Thursday

**Dundas Community Services**

**905-627-5461**

**#3A, 2 King Street West**

**Dundas · Ontario · L9H 6Z1**

# WEEK #1

905-627-5461

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

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

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## Entrées

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- \_\_\_\_\_ Roast Beef, Gravy, Mashed Potato, Peas
- \_\_\_\_\_ Meatloaf, Gravy, Mashed Potatoes, Carrots
- \_\_\_\_\_ Veal Parmesan, Penne Pasta, Italian Mix Vegetables
- \_\_\_\_\_ Turkey Schnitzel, Oven Roast Potatoes, Green Beans
- \_\_\_\_\_ BBQ Chicken Breast, Mashed Potatoes, Broccoli
- \_\_\_\_\_ Pork Garlic Bites, Rice, Oriental Vegetables
- \_\_\_\_\_ Perogies with Onions, Mixed Vegetables

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## Desserts

## Soups

- \_\_\_\_\_ Orange Cake
- \_\_\_\_\_ Cherry Tart
- \_\_\_\_\_ Shortbread Cookies
- \_\_\_\_\_ Chocolate Brownie
- \_\_\_\_\_ Tapioca
- \_\_\_\_\_ Diet Vanilla Pudding
- \_\_\_\_\_ Diet Raspberry Mousse

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #2

## 905-627-5461

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

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

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### Entrées

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- \_\_\_\_\_ Garden Vegetable Quiche, Mixed Vegetables
- \_\_\_\_\_ Baked Chicken, Mashed Potatoes, Peas
- \_\_\_\_\_ Shepherd's Pie, Gravy, Carrots
- \_\_\_\_\_ Broccoli Stuffed Chicken, Mashed Potatoes, Green Beans
- \_\_\_\_\_ Roast Pork Loin, Scalloped Potatoes, Corn
- \_\_\_\_\_ Hot Hamburger, Onions/Gravy, Hash Browns, California Mix Veg
- \_\_\_\_\_ Beer Battered Haddock, Potato Wedges, Broccoli

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### Desserts

- \_\_\_\_\_ Banana Cake
- \_\_\_\_\_ Butter Tart
- \_\_\_\_\_ Date Square
- \_\_\_\_\_ Lemon Shortcake
- \_\_\_\_\_ Vanilla Pudding
- \_\_\_\_\_ Diet Peach Mousse
- \_\_\_\_\_ Sugar Free Berry Mix

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### Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #3

905-627-5461

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

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

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## Entrées

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- \_\_\_\_\_ Roast Turkey, Dressing, Gravy, Mashed Potatoes, Squash
- \_\_\_\_\_ Chicken Cordon Bleu, Oven Roast Potatoes, Yellow Beans
- \_\_\_\_\_ Chicken Stir-fry, White Rice, Oriental Vegetables
- \_\_\_\_\_ Octoberfest Sausage, Broccoli, Garlic Mashed Potatoes
- \_\_\_\_\_ Vegetable Lasagna, Italian Vegetables
- \_\_\_\_\_ Sweet & Sour Meatballs, Rice, Carrots
- \_\_\_\_\_ Baked Sole, Oven Roasted Potatoes, PEI Vegetables

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## Desserts

- \_\_\_\_\_ Lemon Square
- \_\_\_\_\_ Chocolate Cake
- \_\_\_\_\_ Oatmeal Cookies
- \_\_\_\_\_ Coconut Cream Pudding
- \_\_\_\_\_ Strawberry Ice Cream Cup
- \_\_\_\_\_ Diet Tangerine Mousse
- \_\_\_\_\_ Sugar Free Cheesecake

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## Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #4

905-627-5461

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

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

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## Entrées

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- \_\_\_\_\_ Veal Cutlet in Mushroom Sauce, Mashed Potatoes, Winter Mix Veg
- \_\_\_\_\_ Lemon Chicken, Hash Browns, Green Beans
- \_\_\_\_\_ Baked Ham, Scalloped Potatoes, Corn
- \_\_\_\_\_ BBQ Pork Ribbettes, Oven Roast Potatoes, Peas
- \_\_\_\_\_ Salisbury Steak, Gravy, Mashed Potatoes, Carrots
- \_\_\_\_\_ Spaghetti & Meatballs, Italian Mixed Vegetables
- \_\_\_\_\_ Salmon with Dill Sauce, Mashed Potatoes, Broccoli

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## Desserts

- \_\_\_\_\_ Apple Brown Betty
- \_\_\_\_\_ French Cream Cake
- \_\_\_\_\_ Vanilla Caramel Cake
- \_\_\_\_\_ Rice Pudding
- \_\_\_\_\_ Triple Berry Crumble
- \_\_\_\_\_ Diet Chocolate Pudding
- \_\_\_\_\_ Diet Pears

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## Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# WEEK #5

905-627-5461

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

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

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## Entrées

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- \_\_\_\_\_ Apple Braised Pork Chop, Paprika Roast Potatoes, Turnip
- \_\_\_\_\_ Chicken Fingers, Home fries, Green Beans
- \_\_\_\_\_ Cheese Tortellini, Italian Mixed Vegetables
- \_\_\_\_\_ Swedish Meatballs, Mashed Potatoes, Carrots
- \_\_\_\_\_ Cabbage Rolls, Garden Mixed Vegetables
- \_\_\_\_\_ Garlic Chicken Breast, Oven Roast Potatoes, Yellow Beans
- \_\_\_\_\_ Lemon Pepper Cod, Mashed Potatoes, Broccoli

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## Desserts

- \_\_\_\_\_ Carrot Cake
- \_\_\_\_\_ Cinnamon Coffee Cake
- \_\_\_\_\_ Strawberry Shortcake
- \_\_\_\_\_ Peanut Butter Cookies
- \_\_\_\_\_ Two-bite Raspberry Tarts
- \_\_\_\_\_ Diet Lemon Mousse Cake
- \_\_\_\_\_ Sugar-Free Vanilla Ice Cream

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## Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek

# PUREED

## 905-627-5461

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

- \_\_\_\_\_ Vanilla Ice Cream
- \_\_\_\_\_ Strawberry Ice Cream
- \_\_\_\_\_ Tapioca
- \_\_\_\_\_ Rice Pudding
- \_\_\_\_\_ Diet Raspberry Mousse
- \_\_\_\_\_ Coconut Cream Pudding
- \_\_\_\_\_ Diet Chocolate Pudding

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### Soups

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Rice
- \_\_\_\_\_ Vegetable
- \_\_\_\_\_ Cream of Asparagus
- \_\_\_\_\_ Butternut Squash
- \_\_\_\_\_ Potato Leek



# FROZEN MEALS

*A Freshly Prepared  
Home-Style Frozen Meal*

- Large and flavourful home-style meals that are low in sodium
- Meals can be kept frozen for up to 6 months
- Meals are prepared by Ina Grafton Gage Village in St. Catherine's
- Meals are labeled on the end of the container with the meal type 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

**Meals can be delivered within Dundas  
or can be picked up at our office**

*\*Minimum order of 4 meals for delivery*

**\$6.50 – Entrée  
\$3.00 – Soup  
\$2.25 – Dessert**

*This program is funded in part by:*



**Please Contact:**

**Dundas Community Services**

**Phone: 905-627-5461**