DUNDAS
COMMUNITY SERVICES

Frozen Meals

To place a weekly order, please call Dundas Community Services at 905-627-5461 **before 12pm each Thursday.**

Available for order on October 16th

Older menus will not be used after this date

Dundas Community Services

905-627-5461

#3A, 2 King Street West
Dundas, Ontario L9H 6Z1

DUNDAS
COMMUNITY SERVICES

Order & delivery schedule

Order Deadline: Thursday by 12pm, noon.
Delivery: Wednesdays between 11-1pm, two weeks after ordering
Pick up: Available any time after 11am on Wednesday, two weeks after ordering.

Meals can be delivered anywhere in Dundas or picked up at our office during business hours.
*Minimum order of 4 meals for delivery.

Prices

	CURRENT
Entree	$7.50
Soup	$3.25
Dessert	$2.75

DUNDAS
COMMUNITY SERVICES

Order Deadline: Thursday by 12pm, noon.
Delivery: Wednesdays between 11-1pm, two weeks after ordering
Pick up: Available any time after 11am on Wednesday, two weeks after ordering.

Please check with the office to confirm delivery catchment.
*Minimum order of 4 meals for delivery.

Specialty Diet Legend

GF = Gluten Free
LF = Lactose Free
H = Halal
V = Vegan
VEG = Vegetarian
D = Diabetic

Order & delivery schedule

Please call Dundas Community Services at 905-627-5461 before 12pm each Thursday to order.

Week #	Order by	Delivery/ Pickup
1	OCTOBER 22ND	NOVEMBER 4TH
2	OCTOBER 29TH	NOVEMBER 11TH
3	NOVEMBER 5TH	NOVEMBER 18TH
4	NOVEMBER 12TH	NOVEMBER 25TH
5	NOVEMBER 19TH	DECEMBER 2ND
1	NOVEMBER 26th	DECEMBER 9th
2	DECEMBER 3rd	DECEMBER 16th
3	DECEMBER 10th	DECEMBER 23rd
~~4~~	~~DECEMBER 17th~~	~~DECEMBER 30th~~
5	DECEMBER 17th	JANUARY 6th
1	DECEMBER 23rd	JANUARY 13th
2	JANUARY 7th	JANUARY 20th
3	JANUARY 14th	JANUARY 27th
4	JANUARY 21st	FEBRUARY 3rd
5	JANUARY 28th	FEBRUARY 10th

Week #1
Entrées

#1: Chicken Cordon Bleu, Home Fries, Montego Vegetables

#2: Roast Beef, Gravy, Mashed potatoes, peas

#3: Chicken Stew, Dumplings, Broccoli

#4: Teriyaki Pork Chop, Fluffy Rice Asian Mixed Vegetables

#5: Poached Cod & Dill Sauce, Mashed Potatoes, Fancy Vegetables

#6: Beef Macaroni, Florentine Veg Mix

#7: BBQ Baked Chicken, potato wedges, Paradisio mixed vegetables

#8: meat tourtiere, roasted veg, green beans LF

#9: Roast Turkey Dinner, Gravy, Mashed Potatoes, Carrots LF, GF

#10: Country Ham with pineapple, scalloped potatoes & carrots GF

#11: Tilapia dinner, Butter Pasta, carrots LF, GF

Featured Soup

#1: Chicken Noodle LF

#2: Minestrone LF, VEG

Featured Dessert

#1: Plain Butter Tart

#2: Tiramisu Cake

Week #2
Entrées

#1: Beef Stew, Mashed potatoes, Squash

#2: Herbed Chicken, Mashed Potato, PEI Vegetables

#3: Spaghetti & Meatballs, Italian Mixed Vegetables

#4: Western Omelet, Home Fries, Green Peas

#5: Pesto Salmon, Fluffy Rice, California Vegetables

#6: Baked Chicken Parmesan, Marinara Sauce, Penne, Broccoli

#7: Spanish Pork Chop, Scalloped Potatoes, Buttered Corn

#8: Teriyaki Chicken, rice, carrots green beans GF

#9: homestyle meatloaf, gravy, mashed sweet potatoes, peas LF, H

#10: Hearty Beef Lasagna, broccoli, cauliflower

#11: cabbage rolls, mashed potatoes LF, GF

Featured Soup

#1: Cream of Broccoli GF, VEG

#2: Mushroom Bisque GF

Featured Dessert

#1: Black Forest Cake

#2: Lemon tart

Week #3
Entrées

#1: Sweet & Sour Pork Bites, Rice, Sunrise Mixed Vegetables

#2: Lemon Pepper Cod, Roasted Potatoes, Sliced Carrots

#3: Roast Turkey, Dressing, Gravy, Mashed Potatoes, Squash

#4: Chicken Alfredo, Italian Mixed Vegetables

#5; Beef Burger, Mushroom Gravy, Mashed Potatoes, Rutabaga

#6: Vegetable lasagna, Florentine Mixed Vegetables

#7: Baked Ham, Scalloped Potatoes, Corn

#8: Crockpot meatballs, mashed sweet potatoes, carrots, green beans H

#9: butter chicken, creamy tomato sauce, basmati rice, mix vegetables

#10 Beef teriyaki, rice, carrots LF

#11: Apple Glazed chicken, mashed sweet potatoes LF, GF

Featured Soup

#1: Garden Vegetable GF, LF, VEG

#2: Vegetable Turkey Pasta

Featured Dessert

#1: Carrot Cake

#2: Cinnamon Coffee Cake

Week #4
Entrées

#1: Beef Shepherds Pie, Beef Gravy, Diced Carrots

#2: Spinach & Cheese Cannelloni, Fall Medley Vegetables

#3: salisbury Steak, Onions, Gravy, Garlic Mashed Potatoes, Sunrise Mixed Vegetables

#4: farmers Sausage, Home Fries, Brussels Sprouts

#5: Beer Battered Haddock, Potato Wedges, Broccoli

#6: Butter Chicken, Fluffy Rice, Green Peas

#7 Chicken Stir Fry, Chow Mein Noodles, Asian Vegetables

#8 bbq pork riblets, mashed sweet potatoes, sliced carrots, green beans LF

#9: Falafel Bowl, basmati rice, broccoli, salsa LF, GF, V

#10: Pork Tenderloin, orzo, mixed vegetables LF

#11: Chicken cordon bleu, garlic mashed potatoes, carrots, green beans

Featured Soup

#1: Potato Leek GF, VEG

#2: Tomato Basil GF, VEG

Featured Dessert

#1: Pound Cake

#2: Oatmeal Cookies GF

Week #5
Entrées

#1: Meatloaf with Gravy, Mashed Potatoes, Asparagus

#2: Chicken Fingers, Home Fries, Broccoli

#3: Apple Braised Pork Chop, Mashed Potatoes, Turnip

#4: Perogies and Onions, Paradisio Mixed Vegetables

#5: Swedish Meatballs, Buttered Egg Noodles, Carrots

#6: Orange Ginger Chicken, Fluffy Rice, Asian Vegetables

#7: Breaded Sole, Roasted Potatoes, Montego Vegetables

#8: Turkey Schnitzel, mash potatoes, carrots LF

#9: Honey Garlic Chicken, rice, carrots LF, H

#10: Red Thai Chicken with Basmati Rice & Broccoli LF, GF, H

#11: Spaghetti and Meatballs, Green Beans LF, H

Featured Soup

#1: Chicken Noodle LF

#2: Vegetable Beef Barley LF

Featured Dessert

#1: Blueberry Loaf

#2: Cappuccino Cake

Specialty Diet

Entrées Available each week

#1: Roast beef dinner with mashed potatoes & carrots — GF, LF, H

#2: Chicken Dinner with Basmati Rice & Green Beans — GF, LF

#3: Red Thai Chicken with Basmati Rice & Broccoli — GF, LF, H

#4: Veggie Burger with Potato Wedges & Sunrise vegetables — GF, LF, V

#5: Vegetarian Chili with Mashed Potatoes and Carrots — GF, LF, V

#6: Roast Turkey Dinner with Gravy, Mashed Potatoes & Carrots — GF, LF

#7: Crockpot Turkey Meatballs, mashed sweet potato, carrots and green beans. — GF, H

#8: Cottage Pie (Ground beef, mashed potatoes, peas, carrots — GF, LF

#9: Pulled Pork Dinner, Rice, Grean Beans — LF

#10: Tofu Pasta Bolognese, Gluten Free Pasta & Mixed Vegetables — GF, LF, V

Soups

905-627-5461

Soups Available Every week

#1: Chicken Noodle
LF

#2: Minestrone
LF, VEG

#3: Cream of Broccoli
GF, VEG

#4: Mushroom Bisque
GF

#5: Garden Vegetable
GF, LF, VEG

#6: Vegetable Turkey Pasta

#7: Potato Leek
GF, VEG

#8: Tomato Basil
GF, VEG

#9: Vegetable Beef Barley
LF

Desserts

905-627-5461

Desserts Available Every Week

#1: Plain Butter Tart

#2: Tiramisu Cake

#3: Black Forest Cake

#4: Lemon tart

#5: Carrot Cake

#6: Cinnamon Coffee Cake

#7: Pound Cake

#8: Oatmeal Cookies GF

#9: Blueberry Loaf

#10: Cappuccino Cake