

# MEALS ON WHEELS PROGRAM



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## FRIENDLY FACES

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## SPECIAL DIETS ACCOMMODATED

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## DINING WITH DIGNITY

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ANCASTER COMMUNITY SERVICES  
300 WILSON STREET EAST  
ANCASTER, ON L9G 2B9  
(905) 648-6675



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A hot lunch meal (prepared by the City of Hamilton's Wentworth Lodge in Dundas) is delivered by ACS volunteers Monday to Friday between the hours of 10:30 – 1:30 PM. Meals can be delivered once a week or on any combination of days. There is no weekend or holiday delivery.

Because meals are prepared at The Wentworth Lodge, some specialty diets (e.g. Diabetic) may be accommodated.

A regular Meals on Wheels delivery consists of:

- 2 slices of whole wheat bread
- Hot 10 oz. serving of a soup of the day
- Full course meal includes a meat, a vegetable(s), and a starch (pasta, potatoes or rice)
- Dessert

**To register for the program, call the ACS office at 905-648-6675. A regular meal requires a 24 hour in advance notice to order.**

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**ANCASTER COMMUNITY SERVICES**  
300 WILSON STREET EAST  
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[WWW.ANCASTERCOMMUNITYSERVICES.CA](http://WWW.ANCASTERCOMMUNITYSERVICES.CA)



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