

Meal Support Services

Prepared Meals You Can Pick Up

The Little Gourmet

Frozen or Fresh Entrees
13 Hatton Drive
Ancaster, Ontario
L9G 2H5
905-921-1249

<http://www.thelittlegourmet.ca/>

- Free delivery of fresh or frozen meals.

Zarky's Fine Foods Ltd.

Frozen Entrees
20 Hempstead Drive
Hamilton, Ontario
L8W 2E7
905-574-1500

Glanbrook Home Support

“Meals Made Easy”

4280 Binbrook Road
Box 42 Binbrook, Ontario
L0R 1C0
905-692-3464
905-692-1611
Toll Free: 1-866-697-6669

www.ghsp.ca

“Where can I buy prepared meals for myself?”