

# Meal Support Services

## Prepared Meals You Can Pick Up

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### Frozen/Fresh Meals

**Ancaster Community Services**

300 Wilson Street East, Ancaster  
905-648-6675

[www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca)

**Set The Table Kitchen**

Ancaster

[www.setthetablekitchen.ca](http://www.setthetablekitchen.ca)

**Dundas Community Services**

2 King Street West, Suite 3A, Dundas  
905-627-5461

[www.dundascommunityservices.on.ca](http://www.dundascommunityservices.on.ca)

**Glanbrook Community Services**

4280 Binbrook Road

Meals Made Easy

905-692-3464

“Zarky’s On Demand” - Glanbrook

[www.glanbrookcommunityservices.ca](http://www.glanbrookcommunityservices.ca)

**Greenville Gourmet**

161 Hamilton Regional Rd 8, Dundas

905-627-7775

[www.greenvillegourmet.ca](http://www.greenvillegourmet.ca)

**Zarky’s Fine Foods Ltd.**

- 20 Hempstead Drive, Hamilton  
905-574-1500

- 558 Concession St., Hamilton  
905-383-5141

- 264 Dundurn St. S, Hamilton  
905-525-6664

[www.zarkys.com](http://www.zarkys.com)

**Lococo’s**

- 2371 Barton Street East, Hamilton  
1-866-899-4788

- 400 Nebo Road, Hamilton  
905-645-0562

<https://lococos.ca/>

**Denningers**

Hamilton Downtown 905-528-8468

Hamilton Mountain 905-389-4113

Stoney Creek 905-662-5237

Burlington 905-639-0510

[www.denningers.com](http://www.denningers.com)

*“I am unable to prepare  
complete meals.”*