



St. Albert Seniors
Association

780-459-0433

Chef's choice Frozen Menu

Name: _____

Phone: _____

Address: _____

Beef

- ⇒ **Classic Meatloaf** with mushroom gravy, mashed sweet potatoes and peas **\$5.00**
- ⇒ **Roast Beef** with gravy, garlic mashed potatoes and mashed carrot - turnip **\$6.50**
- ⇒ **Shepherd's Pie** with carrots and peas **\$5.00**
- ⇒ **Beef Stew** with mashed potatoes and corn **\$5.50**
- ⇒ **Salisbury Steak** with gravy, sautéed onions, roasted potatoes and cauliflower **\$5.00**
- ⇒ **Beef Stir-fry Bowl** **\$5.50**
- ⇒ **Lasagna** with cauliflower and green beans **\$5.00**
- ⇒ **Spaghetti and Meatballs** with carrots and corn **\$5.00**
- ⇒ **Ukrainian Duo** of perogies, cabbage roll, peas and carrots **\$5.00**
- ⇒ **Spicy Beef Stew** with rice, carrots and turnips HALAL **\$6.50**

Seafood

- ⇒ **Crab-topped Salmon** with carrots, peas and pearl onions **\$6.50**
- ⇒ **Pesto Salmon** with rice and broccoli **\$5.50**
- ⇒ **Cod with Dill Sauce** with rice pilaf, peas and carrots **\$5.00**
- ⇒ **Pesto Shrimp Linguine Bowl** **\$5.50**

Poultry

- ⇒ **Mushroom Chicken** with mashed potatoes and sunrise vegetables **\$5.00**
- ⇒ **BBQ Chicken** with cornbread muffin and peas **\$5.00**
- ⇒ **Roasted Turkey** with gravy, stuffing, mashed potatoes, peas and pearl onions **\$6.50**
- ⇒ **Rosemary Chicken** with roasted potatoes and mashed carrot-turnip **\$5.50**
- ⇒ **Chicken Stir-fry Bowl** **\$5.50**
- ⇒ **Chicken Cordon Bleu** with garlic mashed potatoes and mixed vegetables **\$6.50**
- ⇒ **Butter Chicken Bowl** **\$6.50**
- ⇒ **Mint and Cilantro Chicken** with yellow rice and cauliflower **\$5.50**
- ⇒ **Sweet Curry Chicken** HALAL **\$6.50**

Pork

- ⇒ **Roasted Pork** with gravy, apple stuffing, roasted sweet potatoes and broccoli **\$5.50**
- ⇒ **Ham with Cranberry/Apricot Sauce** with scalloped potatoes and green beans **\$5.50**
- ⇒ **BBQ Riblets** with potato wedges and green beans **\$5.50**
- ⇒ **Sweet and Sour Pork Bowl** **\$5.50**

Veggies

- ⇒ **Mac'n Cheese Bowl** with broccoli florets
VEGETARIAN \$5.00
- ⇒ **Vegetable Stew** HALAL VEGAN \$5.50
- ⇒ **Curried Lentil Casserole** HALAL VEGAN \$5.50
- ⇒ **Split Pea Casserole** HALAL VEGAN \$5.50
- ⇒ **Mushroom do Pyaza** mushroom, onion and tomato curry with yellow rice and lentil stew VEGETARIAN \$5.50
- ⇒ **Chana Masala Bowl** curried chickpeas in tomato indian sauce with yellow rice and broccoli VEGAN \$5.50
- ⇒ **Layered Enchilada** with Mexican rice and broccoli VEGETARIAN \$5.50
- ⇒ **Palka Makai** spinach and sweet corn with yellow rice and lentil stew VEGAN \$5.50
- ⇒ **Chickpea & Ginger** HALAL \$6.50

Breakfast

- ⇒ **Pancakes with Pork Sausages and Hash browns** \$5.00
- ⇒ **Bacon, Egg and Cheese on an English Muffin** \$3.50

Sampler Packs

- ⇒ **Five meals for the price of four!** Try our sampler pack including our lasagna, meatloaf, beef stew, mushroom chicken and roasted pork meals for only \$22.50
- ⇒ **3 Meal Sample Pack**, roast beef, rosemary chicken and Mac'n Cheese \$15.50

Extras

- ⇒ **Lentil Stew** (Dahl) VEGAN \$3.50
- ⇒ **Beef Gravy** \$1.50
- ⇒ **Turkey Gravy** \$1.50
- ⇒ **Chocolate Meal Replacement Drink** \$2.00
- ⇒ **Strawberry Meal Replacement Drink** \$2.00
- ⇒ **Vanilla Meal Replacement Drink** \$2.00
- ⇒ **Wild berry Meal Replacement Drink** \$2.00

Soups

- ⇒ **Beef and Barley** \$2.50
- ⇒ **Beef and Vegetable** \$2.50
- ⇒ **Borscht** VEGAN \$2.50
- ⇒ **Chicken Noodle** \$2.50
- ⇒ **Country Vegetable** VEGETARIAN \$2.50
- ⇒ **Cream of Broccoli** VEGETARIAN \$2.50
- ⇒ **Cream of Mushroom** \$2.50
- ⇒ **Split Pea and Ham** \$2.50

Desserts

- ⇒ **Banana Muffin** \$1.50
- ⇒ **Blueberry Muffin** \$1.50
- ⇒ **Carrot Muffin** \$1.50
- ⇒ **Raisin Bran Muffin** DIABETIC \$1.50
- ⇒ **Strawberry Cream Cake** \$2.50
- ⇒ **Date Square** \$1.50
- ⇒ **Nanaimo Bar** \$1.50
- ⇒ **Chocolate Chip Cookie** DIABETIC \$5.50/dozen
- ⇒ **Oatmeal Raisin Cookie** DIABETIC \$5.50/dozen
- ⇒ **Peabutter Cookie** \$5.50/dozen