St. Albert Meals on Wheels, Chef's Choice Menu

BEEF ENTREES

B01 - ***CLASSIC MEATLOAF*** with mushroom gravy, mashed sweet potatoes and peas
B02 - ***SHEPERD'S PIE*** with carrots and peas
B03 - ***SALISBURY STEAK*** with gravy, sautéed onions, roasted potatoes and cauliflower
B04 - ***BEEF LASAGNA*** with cauliflower and French beans
B05 - ***SPAGHETTI & MEATBALLS*** with carrots and corn
B06 - ***UKRAINIAN DUO*** of perogies, cabbage roll and dilled beets
B07 - ***BEEF STEW*** with mashed potatoes and corn
B08 - ***BEEF STIR-FRY BOWL*** with mixed bell peppers
B09 - ***SAVORY MEAT PIE*** with roasted root vegetables, mashed potatoes and gravy
B10 - ***ROAST BEEF*** with gravy, garlic mashed potatoes and carrot/turnip combo
B11 - ***SPICY BEEF STEW*** with rice, carrots and turnips

POULTRY ENTREES

P01 – ***MUSHROOM CHICKEN*** with mashed potatoes and sunrise vegetables
P02 – ***HERB BAKED CHICKEN THIGHS*** with yellow rice and cauliflower
P03 – ***ROSEMARY CHICKEN*** with roasted potatoes and mashed carrot/turnip
P04 – ***CHICKEN STIR FRY BOWL*** with mixed bell peppers
P05 – ***ROASTED TURKEY*** with gravy, stuffing, mashed potatoes, peas and pearl onions
P06 – ***CHICKEN CORDON BLEU*** with garlic mashed potatoes and PEI spring mix vegetables
P07 – ***BUTTER CHICKEN BOWL*** with broccoli
P08 – ***SWEET CURRY CHICKEN***
P09 - ***ROASTED CHICKEN WITH GRAVY*** with cheesy potatoes, peas and red pepper
P10 - ***TURKEY POT PIE*** flaky pastry filled with roast turkey, tender vegetables in a homemade gravy

SEAFOOD ENTREES

S01 – ***COD WITH DILL SAUCE*** served with rice pilaf, peas and carrots
S02 – ***PESTO SALMON*** with rice and broccoli
S03 – ***PESTO SHRIMP LINGUINE BOWL***
S04 – ***CRAB TOPPED SALMON*** with carrots, peas and pearl onions

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PORK ENTREES

C01 – ***ROASTED PORK LOIN*** with gravy, apple stuffing, roasted sweet potatoes and broccoli

C02 – ***HAM WITH CRANBERRY APRICOT SAUCE*** served with scalloped potatoes and Brussel sprouts

C03 – ***BBQ PORK RIBLETS*** with potato wedges and green beans

P05 - ***BRATWURST*** with sauerkraut, braised cabbage and fried potatoes

MISCELLANEOUS FARE

M02 – ***PANCAKES*** with sausages & hash browns

M03 – ***BAKED OMELETTE*** with hash browns and red peppers

ON THE LIGHTER SIDE

S01 - **SOUP & SALAD** served with a homemade biscuit, prepared fresh daily in our Cafe

S02 - **SOUP , SALAD & SANDWICH**

S03 - **COMBO OF SOUP & SANDWICH OR SALAD & SANDWICH**

When ordering sandwiches please indicate egg, tuna, salmon or chicken salad and served on multi grain or white bread. Soups and salads are Red Willow Café daily specials.

Please inquire at 780-459-0433 ext. 6 if you are interested in additional vegetarian, vegan or halal entrees

When ordering please use the entrée meal code (eg. B01 Meatloaf)

Nutritional Information is available on request

Entrée, Soup & Salad $8.50
Soup, Salad & Biscuit $5.50
Soup, Salad & Sandwich $7.50
Soup & Sandwich or Salad & Sandwich $6.50

chef'schoice