

FROZEN MENU

Name: _____

Phone Number: _____

Address: _____

Pickup or Delivery (Min. Order for Delivery is \$12.00) _____

Delivery Date: _____

Total of Order: _____

*items and prices subject to change

Orders must be submitted by Tuesday at 11:00 am for delivery on the following Friday – for example: an order received on Tuesday, May 3 will be delivered to you on Friday, May 13

To order, call 780-459-0433 ext. 0.

beef

Classic Meatloaf with mushroom gravy, mashed sweet potatoes, and peas	\$6.00
Shepherd's Pie with carrots and peas	\$6.00
Salisbury Steak with gravy, sauteed onions, roasted potatoes, and cauliflower	\$6.00
Beef and Spinach Lasagna with cauliflower and french beans	\$6.00
Spaghetti and Meatballs with carrots and corn	\$6.00
Beef Stew with mashed potatoes and corn	\$6.00
Beef Stir-fry Bowl with mixed peppers	\$6.00
Roast Beef with gravy, garlic mashed potatoes, and carrot-turnip mash	\$6.00

poultry

Mushroom Chicken with mashed potatoes and sunrise vegetables	\$6.00
Roasted Chicken with Gravy and cheesy potatoes, peas, and red pepper	\$6.00
Fresh Herb Baked Chicken Thighs with yellow rice and cauliflower	\$6.00
Chicken Stir-fry Bowl with mixed peppers	\$6.00
Chicken Cordon Bleu with garlic mashed potatoes and PEI mix vegetables	\$6.00
Roasted Turkey with gravy, stuffing, mashed potatoes, peas, and pearl onions	\$6.00
Turkey Pot Pie a savoury blend of turkey and vegetables in homemade gravy	\$6.00

seafood

Cod with Dill Sauce with rice pilaf and peas and carrots	\$6.00
Pesto Salmon with rice and broccoli	\$6.00
Baked Salmon with Herb Butter with wild rice pilaf and honey yellow carrots	\$6.00

pork

Roasted Pork Loin with gravy, apple stuffing, roasted sweet potatoes, and broccoli	\$6.00
Ham with Cranberry Apricot Sauce with scalloped potatoes and brussels sprouts topped with caramelized onion	\$6.00
BBQ Pork Riblets with potato wedges and green beans	\$6.00

veggie



Vegetarian Stroganoff served over egg noodles with brussels sprouts VEGETARIAN	\$6.00
Chickpea and Tomato Curry with yellow rice and broccoli VEGAN	\$5.50
Sweet Corn and Spinach Casserole with yellow rice and lentil stew VEGAN	\$5.50

soup



Beef and Barley	\$2.25
Cheeseburger	\$2.25
Split Pea and Ham	\$2.25
Chicken Noodle	\$2.25
Loaded Baked Potato	\$2.25
Cream of Broccoli VEGETARIAN	\$2.25
Borscht VEGAN	\$2.25

breakfast



Bacon, Egg, and Cheese on an English muffin	\$3.75
Pancakes with sausages and hash browns	\$6.00
Breakfast Bowl Hashbrowns with scrambled egg, bacon & cheese	\$6.00

extras



Loaded Stuffed Potato	\$2.00
Yorkshire Pudding	2 for \$1.50
Beef Gravy	\$1.00
Turkey Gravy	\$1.00
Chocolate Ensure® Protein Plus	\$1.50
Strawberry Ensure® Protein Plus	\$1.50
Vanilla Ensure® Protein Plus	\$1.50
Wild Berry Glucerna® DIABETIC FRIENDLY	\$1.75

sweets



Multigrain and Fruit Muffin	\$1.00
Banana Muffin	\$1.00
Carrot Muffin	\$1.00
Raisin Bran Muffin	\$1.00
Strawberry Cream Cake	\$2.25
Triple Chocolate Cake	\$2.25
Nanaimo Bar	\$1.00
Oatmeal Raisin Cookie	\$5.00/ dozen
Chocolate Chip Cookie	\$5.00/ dozen