



March Fresh Sheet Menu

ORDER INFO

Choose your menu items and order online or phone, fax or email us your order (Contact info at bottom of this page). Refer to the calendar for pick-up or delivery times.

Name _____

Phone _____ Email _____

Pick up Date _____ Time _____

Full Size Serves 4-6, Half size serves 2-3. Check out more options online, under Family Favourites at www.gourmettakeaway.ca

- Gourmet Mini Turkey Meatloaves** Full \$30
 Half \$19
 Lean seasoned ground turkey blended with tomatoes, onions, beans and much more. Shaped into 6 mini meatloaves to share with the family. **Great with our Garlic Mashed Potatoes.** Cal 220, Protein 20g, Carbs 1g, Sodium 440mg

- Saucy Honey Mustard Chicken Breasts** Full \$30
 Half \$19
 The name says it all! Boneless, skinless chicken breasts soak up this honey mustard marinade with a hint of curry and Italian seasoning and a pinch of heat for added flavour. Best served over steamed rice, or Yukon Mashed Potatoes Cal 318, Protein 28g, Carbs 24g, Sodium 604mg

- Italian Parmesan Crusted Chicken** Full \$30
 Half \$19
 Sometimes simple is superb. Yummy chicken breasts coated in a corn flake crumb mixture and baked. Topped with homemade Marinara. Great served over pasta. Cal 320, Protein 25g, Carbs 15g, Sodium 450mg

- Grilled Chicken with Sun-Dried Tomato Vinaigrette** Full \$30
 Half \$19
 Perhaps the best chicken you'll ever eat! Boneless, skinless chicken breasts marinated with sundried tomatoes, balsamic vinegar, basil, parsley and garlic. Served with a warm tomato-basil vinaigrette. Cal 356, Protein 55g, Carbs 7g, Sodium 450mg

- Cider-Glazed Pork Chops with Apple Chutney** Full \$30
 Half \$19
 Apple cider, thyme, brown sugar and mustard come together to glaze these juicy boneless pork loin chops. We are taking comfort food to a whole new level. Cal 539, Protein 35g, Carbs 26g, Sodium 635mg

Casserole of the Month

- Italian Sausage & Perogy Casserole** Full \$30
 Half \$19
 Dinner is ready in 30 minutes with this stick to your ribs, flavourful casserole layered with potato & cheese perogies and Italian sausage and baked in a creamy mushroom sauce. Cal 509, Protein 11g, Carbs 40g, Sodium 864mg

Note: Sides **not** included on all menu items unless indicated.

- Veal Scaloppini in a Tomato-Mushroom Sauce** Full \$30
 Half \$19
 Tender floured veal cutlets browned and then baked in a seasoned tomato-mushroom sauce and topped with mozzarella cheese. Sauce can be made ahead for a delicious dinner in 15-20 minutes. Great served with pasta and a Caesar Salad. Cal 325, Protein 29g, Carbs 11g, Sodium 444mg

- German Style Beef Roast** Full \$35
 Great cooked in the slow cooker for those busy nights. Lean AAA Beef Roast combined with vegetables, Kosher Pickles, red wine broth and more. A German favourite and soon to be yours. Great served over Egg Noodles. Cal 514, Protein 45g, Carbs 11g, Sodium 769mg

- Salmon Burgers with Pita Buns** Full \$30
 Half \$19
 Lightly crusted and seasoned Wild Salmon burgers served with a perfectly complimenting creamy dill sauce and healthy pita buns. **(full 6, half 3 burgers)** Cal 120, Protein 29g, Carbs 3g, Sodium 330mg

- Sautéed Snapper with Broken Black-Olive Vinaigrette** Full \$30
 Half \$19
 Lightly seasoned snapper fillets topped with lemon-garlic sauce with a hint of heat and chopped black olives. Snap this one up, it is a winner! **Great with our Rice Pilaf, add for only \$6.95.** Cal 333, Protein 28g, Carbs 36g, Sodium 421mg

- Mini Garlic Prawn Skewers** Full \$30
 Half \$19
 You can enjoy as a meal with a salad or add to any meal to compliment it. These mini skewers are marinated in seasoned garlic and lemon juice. Grill on the BBQ, in the oven or simply sauté to perfection. **(full order is 18 mini prawn skewers, half is 9.)** Cal 259, Protein 31g, Carbs 4g, Sodium 420mg

- Weekend TakeAway Meal Package** Full \$75
 Getting away for Spring Break or for a Family Ski Weekend? Enjoy healthy meals with little effort. **Includes:** 2lb Pulled BBQ Pork with Buns, Yam Fries, Beef Lasagna, Rosemary Bread Sticks (12), Espresso Bourbon Steaks (4) & Garlic Mashed Potatoes. **EATING IN IS THE NEW DINING OUT! Don't even count. Just ENJOY! (serves 4)**