



# Seniors & Singles Menu

## ORDER INFO

Name \_\_\_\_\_

Delivery or Pick up Date \_\_\_\_\_ Time \_\_\_\_\_

PHONE# 604 533 0700 #3 - 6280 202 Street, Langley www.gourmettakeaway.ca

ORDER	MARCH 2012 MENU		QTY
<b>CODE</b>	<b>NEW BREAKFAST ITEMS</b>		
5620	Bacon & Egg Quesadilla	2.99	
5623	Egg & Ham Breakfast English Muffin	2.99	
5627	*Plain Colby Cheese Omelette	7.95	
5626	*Western Omelette w/Ham & Peppers	7.95	
	*Served with Hash Brown Potatoes & Biscuit		
5682	<b>Pancakes, Sausages, &amp; Hash Brown Pot.</b>	7.95	
5616	✓ Home-style Steel Cut Oatmeal Cup	2.49	
5684	Add 4 oz of Mixed Berries	2.00	
4717	Fruit Cocktail or 4718 Peaches	1.99	
	<b>ENSURE PLUS MEAL REPLACEMENTS (6)</b>		12.00
5612	Chocolate 5613 Vanilla 5686 Straw.		
	<b>Salads</b>		
4654	Caesar Salad	3.99	
4659	Spinach & Bacon Salad	3.99	
4656	Garden Salad w/ranch dressing	3.99	
4657	Chef's Salad (Turkey & Ham)	6.99	
4716	Add Shrimp 4931 or Chicken	2.00	
	<b>Fresh Wraps/Sandwiches ✓</b>		
	<b>Wrap Bun Bread</b>		
4646	Ranchero Turkey	5.49	
4644	Mediterranean Chicken	5.49	
4645	Beef & Cheddar	5.49	
4648	Sweet Curry Chicken	5.49	
4647	Ham & Mozza Cheese	5.49	
4649	Vegetable Ambrosia	5.49	
4650	Chicken Caesar Wrap	5.49	
		<b>16 oz</b>	<b>32 oz</b>
<b>32 OZ</b>	<b>Homemade Soups</b>	4.00	6.95
4714	✓ Italian Wedding		
4725	Broccoli & Cheese (Gluten-free)		
5670	✓ NEW - Turkey & Rice Soup		
5694	<b>Cream of Potato &amp; Leek</b>		
4729	✓ Beef & Barley		
		5.95	9.95
4641	🍲 Hearty Chili w/corn muffin (Gluten-free)		
4643	🍲 Veggie Chili w/corn muffin (Gluten-free)		
	<b>Desserts/Dessert Bars</b>		
4696	Nanaimo Bars or 4698 Brownies (each)	1.50	
4700	Butternut Bars or 4702 Date Squares (each)	1.50	
4704	Carrot Cake (each)	1.50	
4713	Strawberry Shortcake Slice	2.50	
4708	Sticky Toffee Pudding Cake Slice	2.50	
5364	Layered Lemon Cake Slice	2.99	
4586	Apple or 5144 Blueberry Pie (per slice)	2.99	
3406	Apple or 5143 Blueberry Pie (10" Pie)	14.95	
4722	Home-made Muffins (each)	1.50	
5602	Mini Cupcakes (1 Dozen)	7.95	
5654	Cookie Dough (12 pucks: makes 3-4 doz)	12.00	
5688	<b>Gourmet Cooked Cookies</b>		
4694	Oatmeal Raisin 4688 Peanut Butter	1.25	
4690	Macadamia Nut 4692Chocolate Chip	1.25	
	<b>GLUTEN-FREE BAKED GOODS STILL AVAILABLE</b>		
	<b>NOTE: Ask for a list of available products .</b>		
	Order Here:		

ORDER	INDIVIDUAL COOKED COMPLETE MEALS		QTY
<b>CODE</b>	<b>Poultry Dinner Choices</b>		
5225	Chicken Alfredo over Linguini with veggies	7.95	
5692	<b>Turkey Meatloaf with Garlic Mash Potatoes &amp; Gravy</b>	7.95	
5662	✓ Baked Lemon Chicken Thighs w/Roast Potatoes & veggies	7.95	
5636	Breaded Chicken Breast w/Yukon Mash, biscuit & gravy	7.95	
5148	✓ Yummy Chicken Breasts with Yukon Mash & veggies	7.95	
5581	Turkey Schnitzel w/Hawaiian Sauce over Rice & veggies	7.95	
5227	Chicken Cordon Blue with Scalloped Potatoes & veggies	7.95	
	<b>Beef Dinner Choices</b>		
5221	Roast Beef Dinner with Garlic Mash Potatoes & veggies	7.95	
4819	Salisbury Steak with Yukon mash, brown gravy & veggies	7.95	
5223	Sweet & Sour Meatballs with Garlic Mash & veggies	7.95	
5666	Minestrone Beef Pasta Casserole with veggies	7.95	
4831	<b>Espresso Bourbon Steaks w/Roasted Pot. &amp; veggies</b>	7.95	
5575	✓ Swiss Steak over Yukon Mash Potatoes with veggies	7.95	
	<b>Fish/Seafood Dinner Choices</b>		
5245	Shrimp Alfredo over Linguini with veggies	7.95	
5247	✓ Almond Crusted Sole with garlic mash & veggies	7.95	
5183	✓ Snapper w/Black Olives over Rice & veggies	7.95	
4986	✓ Creamy Dill Salmon with Yukon Mash & veggies	7.95	
4766	✓ Parchment Poached Salmon w/Sweet Potato Mash	7.95	
5259	✓ Cod Nuggets w/Tartar Sauce w/roast potatoes & veg	7.95	
	<b>Pork Dinner Choices</b>		
5239	Baked Ham with scalloped potatoes & veggies	7.95	
5608	Teriyaki Pork Ribs with rice and veggies	7.95	
5237	✓ Bangers & Yukon Mash Potatoes with veggies	7.95	
5536	Honey Garlic Pork Stir Fry with Wok veggies over rice	7.95	
5578	✓ Breaded Parmesan Pork Tenderloin with Yukon Mash	7.95	
5664	BC Buzzing Pork Chops with Sweet Potato Mash & veggies	7.95	
	<b>Vegetarian Dinner Choices</b>		
4851	Potato & Cheddar Perogies w/Biscuit & veggies	7.95	
5668	Vegetarian Minestrone Pasta Casserole with veggies	7.95	
	<b>Other Menu Items</b>		
4719	5" Homemade Chicken Pot Pies	5.95	
4720	5" Homemade Beef Pot Pies	5.95	
4721	Homemade Beef Sausage Rolls	3.80	
4621	Deluxe Macaroni & Cheese (1/3 Pan)	6.95	
4622	Cabbage Rolls (4-5oz) w/marinara	12.95	
5310	🍲 Baked Vegetarian Samosa's (12 pcs)	14.95	
4663	Mini Chicken Wellingtons (1 doz)	14.95	
4662	Bacon Wrapped Scallops (20 pcs)	19.00	
4624	Pulled BBQ Pork w/6 buns	19.00	
4616	Homemade Lasagna – Chicken (serves 3-4)	19.00	
4583	Homemade Lasagna – Beef 1/3 Pan (serves 2-3)	12.95	
5485	Homemade Lasagna – Veggie 1/3 Pan (serves 2-3)	12.95	
	<b>Side Orders</b>		
4732	Corn Meal Muffin (each)	1.00	
5325	Rosemary Garlic Breadsticks (12)	6.95	
4673	Garlic Infused Loaf of Bread	6.95	
4675	Baking Powder Biscuits (6)	6.95	
4672	Yam Fries (serves 6)	6.95	
4588	Garlic Mashed Potatoes	6.95	
4670	Yukon Mashed Potatoes	6.95	
	🍲 <b>Mild to Medium Spicy</b>		
	✓ <b>Health Smart Less than 400 Calories, Low Sodium, Low Fat</b>		