



ORDER INFO

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

Name _____

Phone _____ Email _____

Pick up Date _____ Time _____

Gourmet To Go Menu

FAMILY FAVOURITES

Pre-Made Meals Available	Serves 4-6	Serves 2-3
As of August 26 th	Full	Half
Amazing Mini Meatloaves	\$28	\$18
Chicken & Broccoli Lasagna	\$30	\$19
Beef Lasagna	\$30	\$19
Veggy Ground Beef Lasagna (1/3 pan)	Serves 2-3	\$12.95
Balsamic Tuna Steaks	\$30	\$19
Mahi Mahi w/Mango Salsa	\$32	\$20
Coconut Crusted Tilapia(5oz portions)	\$28	\$18
Cauliflower Chana	\$28	N/A
Cabbage Rolls & Marinara (4- 5oz)	N/A	\$12.95
1 ½ lb BBQ Pulled Pork w/ Buns	N/A	\$18
Cottage Country Pork Chops	\$29	N/A
Quiche Lorraine 10"	\$12.95	N/A
Quiche Florentine 10"	\$12.95	N/A

Soup & Extras *Variety of Soups to Choose from

*Homemade Soup To Go (16 oz)	\$4.00	(32 oz) \$6.95
Hearty Chili with Beef w/ 2 Corn Meal Muffin (16 oz)	\$5.95	
Hearty Chili with Beef w/ 4 Corn Meal Muffin (32 oz)	\$9.95	
Chicken Pot Pie 5"	\$5.95	
Beef Pot Pie 5"	\$5.95	
Beef Sausage Rolls	\$3.75	
*Individual Quiche Lorraine & Florentine	\$1.99	

* While Quantities Last

*You may qualify to receive FREE meals to your home.

*Note: Approved Supplier for Veterans Affairs

*Single Portion Cooked Complete Meals

Chicken Alfredo w/ Angel Hair Pasta	\$7.95
✓ BBQ Thai Chicken Breasts with Rice	\$7.95
Apricot Chicken Breasts over Rice w/Veggy	\$7.95
Japanese Sweet Soy Chicken Thighs w/Rice	\$7.95
✓ Turkey Meatloaf with Garlic Mashed Potatoes	\$7.95
✓ Pucker Up Lemonade Chicken w/Yukon Pot	\$7.95
Mini Meatloaves w/ Mashed Potatoes	\$7.95
Veal Cutlets with Mushroom Gravy over Noodles	\$7.95
✓ Roast Beef Dinner w/Mashed Potatoes	\$7.95
Espresso Bourbon Steaks w/Yukon Pot	\$7.95
Linguini with Meatballs & Marinara	\$7.95
Baked Beans & Weiners with Biscuit	\$7.95
✓ Apple Cheddar Pork Cutlets	\$7.95
BBQ Ribs with Rice and Veggies	\$7.95
Herb & Lemon Crusted Pork Chops w/Scalloped	\$7.95
✓ Double Smoked Ham w/Scalloped Potatoes	\$7.95
Sweet & Sour Meatballs w/Mashed Potatoes	\$7.95
✓ Shrimp Alfredo w/ Angel Hair Pasta	\$7.95
Salmon with Peppercorn Brandy Sauce Fruit Salsa	\$7.95
✓ Sole Fillets w/Lemon Basil Vinaigrette w/Brown Rice	\$7.95
Potato Crusted Cod with Veggies	\$7.95
✓ Almond Crusted Sole with Yukon Pot	\$7.95
✓ Cauliflower Chana over Rice	\$7.95
Baked Beans & Veggy Weiners w/Biscuit	\$7.95
✓ Health Smart Meals (400 calories or less)	

More Options available on the monthly Fresh Sheet Menu and A la Carte Menu