

SPRING 2019 ORDER FORM

ORDER INFO

Name _____

Delivery or Pick up Date _____ Time _____

ORDER CODE	APPETIZERS	QTY
5867	Salt & Pepper Wings (2 lbs)	20.00
4664	Honey Garlic Wings (2 lbs)	20.00
4668	Sweet & Sour Meatballs	20.00
4666	Artichoke Dip	16.95

EACH	6 PCS	A LA CARTE	EACH	6 PCS
4892	4891	Chicken Cordon Swiss (4oz)	5.00	28.00
5309	5308	NEW RECIPE Almond Crusted Sole (Gluten-Free)	5.00	28.00
8229	8228	Potato Crusted Chive Cod Fillets	5.00	28.00
9101		Extra Lean Ground Beef (1 lb)	5.95	
9102		Boneless Center Cut Pork Chops (2)	3.95	
9103		Top Sirloin Steaks AA 5 oz (2)	12.95	
9104		Boneless Skinless Chicken Breasts (2)	8.75	
9105		Wild Pacific Salmon Loins (4)	15.95	
5008		Deluxe with Feta & Bacon Perogies (12pcs) BUY LOCAL	8.75	
5002		Potato & Onion Perogies (12pcs) BUY LOCAL	8.75	

OTHER MENU ITEMS				
5952		Pepperoni Pizza 5"	3.25	
5951		Cheese Pizza 5"	3.25	
4720		Individual Steak & Vegetable Pot Pie (240g)	5.95	
4719		Individual Chicken & Vegetable Pot Pie (240g)	5.95	
9074		Individual Turkey Pot Pie (240g)	5.95	
2540		Individual Steak & Kidney Pot Pie (240g)	5.95	
3002		Pulled Pork Pie (350g)	6.95	
9071		Family-size Curry Chicken Pot Pie	14.95	
6943		Family-size Chicken & Vegetable Pot Pie	14.95	
4622		Cabbage Rolls (4) with Marinara Sauce	14.95	
4583	4582	Beef Lasagna (small & large)	14.95	35.00
5485	5484	Creamy Vegetable Lasagna (small & large)	14.95	35.00

FAMILY MEALS (serves 4)				
6448		Curry Chicken Broccoli & Rice Bake	28.00	
6794		Turkey Dinner with Gravy, Stuffing, & Mashed Potatoes	28.00	
9015		Macaroni & Cheese	28.00	
9064		Shepherd's Pie with Garlic Mash	28.00	
9035		Ham & Scallop Potatoe Bake	28.00	
9031		Cheesy Turkey and Wild Rice Casserole	28.00	

Nutritionals available upon request

ORDER CODE	MINI MEALS (Individual Entrée-Only Servings)	QTY
7162	Curry Chicken Broccoli & Rice Bake	5.95
9005	Macaroni & Cheese	5.95
9034	Ham & Scallop Potatoe Bake	5.95
4609	Shepherd's Pie with Garlic Mash Potatoes	5.95
9030	Cheesy Turkey & Wild Rice Casserole	5.95

INDIVIDUAL MEALS				
POULTRY DINNER CHOICES				
9024		Amazing Apricot Chicken with White Rice & Veggies	8.95	
5227		Chicken Cordon Swiss with Scalloped Potatoes & Veggies	8.95	
9004		Grilled Rosemary Chicken with Brown Rice & Veggies	8.95	
4998		Turkey Dinner with Gravy, Stuffing, Mashed Potatoes & Veggies	8.95	

BEEF DINNER CHOICES				
5230		Swedish Meatballs over Plain Mash & Veggies	8.95	
8025		Onion Crusted Meatloaf with Mashed Potatoes & Veggies	8.95	
5221		Roast Beef Dinner with Gravy, Mashed Potatoes, & Veggies	8.95	
4819		Salisbury Steak with Mushroom Brown Gravy, Garlic Mash, & Veggies	8.95	
5223		Sweet & Sour Meatballs with White Rice & Veggies	8.95	

FISH/SEAFOOD DINNER CHOICES				
5488		Potato Crusted Salmon with Garlic Mash & Veggies	8.95	
5247		Almond Crusted Sole with Brown Rice & Veggies	8.95	
9077		Honey Mustard Salmon with Plain Mashed Potatoes & Veggies	8.95	

PORK DINNER CHOICES				
5240		Pork Cutlet with Mushroom Tomato Sauce with Plain Mash & Veg	8.95	
5239		Maple Glazed Ham with Scalloped Potatoes & Veggies	8.95	

VEGETARIAN DINNER CHOICES				
4621		Macaroni & Cheese (serves 1-2)	8.95	

MEGA MEALS				
9025		Amazing Apricot Chicken with White Rice	10.95	
6005		Chicken Cordon Swiss with Scalloped Potatoes & Veggies	10.95	
6009		Turkey Dinner with Gravy, Stuffing, Mashed Potatoes & Veggies	10.95	
5225		Chicken Alfredo over Linguine	10.95	
6060		Swedish Meatballs with Plain Mash & Veggies	10.95	
5994		Roast Beef Dinner with Gravy, Mashed Potatoes, & Veggies	10.95	
6132		Salisbury Steak with Mushroom Brown Gravy, Garlic Mash, & Veggies	10.95	
7945		Honey Garlic Boneless Pork Ribs with Rice & Wok Veggies	10.95	
9348		Linguine & Bolognese Meat Sauce with Meatballs	10.95	
4250		Potato Crusted Cod with Twice-baked Potatoes & Veggies	10.95	

GOURMET BOWLS				
4950		Chicken Teriyaki Rice Bowl with Basmati Rice Bowl	10.95	
6210		Korean Beef with Rice Noodles Bowl	10.95	
4975		Thai Coconut Curry Veggie with Basmati Rice Bowl	10.95	
5393		Japanese Sweet-Soy Chicken with Basmati Rice Bowl	10.95	

BREAKFAST			
2525	NEW Breakfast Cups (6 pack) (Egg, Ham, Cheese, Asparagus, Peas)	18.00	
9098	NEW SIZE Hard Boiled Eggs (6 pack)	4.50	
6500	Vanilla Yogurt with Granola & Berries	4.95	

ORDER CODE	LUNCH	QTY
FRESH WRAPS & SANDWICHES		
6795	Turkey Club (Turkey, Bacon, Tomato, Lettuce)	6.25
4650	Beef Dip on Portugese Bun with Au Jus	6.25
6790	Turkey, Cranberry & Stuffing Sandwich	6.25
4645	Beef & Cheddar with Tomato & Red Onion	5.75
4647	Ham & Swiss Cheese with Lettuce	5.75
6922	Tuna Salad Sandwich (BREAD ONLY - Buns Extra 50 ¢)	4.75
6144	Egg Salad Sandwich (BREAD ONLY - Buns Extra 50 ¢)	4.75

YOUR CHOICE Portugese Bun _____ White Bread _____ Whole Wheat Bread _____

HOMEMADE SOUPS			700ml
1201	Lucky 13 Vegetable (Gluten-Free)	6.95	
1202	Beet Me Up Scotty Homemade Borscht	6.95	
1203	Classic Beef & Barley	6.95	
1204	Grandma's Chicken Noodle	6.95	
1205	French Canadian Split Pea (Gluten-Free)	6.95	
1206	The Broccoli & Cheddar Incident (Gluten-Free)	6.95	
1211	Naughty Thai Chicken	6.95	
1213	American in Paris Onion (French Onion)	6.95	
8301	Chicken Bone Broth	7.95	
8302	Beef Bone Broth	7.95	

4642	Homemade Beef Chili – 16 oz	6.95	
4641	Homemade Beef Chili – 32 oz	10.95	

SALADS			
4656	Garden Salad	4.95	
4654	Classic Caesar Salad	4.95	
6324	Chef's Salad (Serves 1-2)	10.95	

SIDE ORDERS			
4675	Classic Buttermilk Biscuits (6)	7.95	
4589	4588 Garlic Mashed Potatoes (small & large)	3.00	7.95
4593	4592 Scalloped Potatoes (small & large)	3.00	7.95

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ORDER CODE	DESSERTS & EXTRAS	QTY
FRUIT		
5127	Pink Grapefruit Cup	2.25
4718	Sliced Peaches (8 oz)	2.25

DESSERTS			
5910	Rice Pudding Cup	1.50	
7311	Chocolate Chip Banana Loaf Slice	2.25	
7240	Carrot Date Loaf Slice	2.25	
7317	Blueberry Lemon Loaf Slice	2.25	
4698	Gluten-Free Brownie Fudge Bar	2.95	
5454	Assorted Cookie Dough (12 pucks: makes 3-4 doz)	12.00	
3000	Chocolate Chunk	2.25	
3030	Gingersnap Cookie	2.25	
4632	Assorted Dessert Tray	14.95	

GOURMET PIES & CAKES			
9003	5" English Apple Pie	5.95	
9049	5" Strawberry Rhubarb Pie	5.95	
7500	10" Apple Pie (unbaked)	16.95	
3441	Limoncello Cloud Cake	12.00	
3444	Chocolate Cloud Cake	12.00	

INDIVIDUAL GOURMET DESSERTS			
1707	2" Apple Crisp	3.25	
7251	2" Triple Chocolate Mousse	3.25	
7253	2" Wildberry Mousse	3.25	
1070	3" Boston Cream Cake	4.50	
7114	3" Cheesecake – Decorated	4.50	
7121	3" Tiramisu	4.50	
7110	3" Chocolate Cheesecake	4.50	
7735	4" Lemon Pistachio Tart	4.75	
7550	4" Pecan Tart	4.75	

DRINKS			
5612	Ensure Chocolate + Calories (6)	12.00	
5686	Ensure Strawberry (6)	12.00	
5613	Ensure Vanilla (6)	12.00	
1005	Juice – Apple or Orange (296 mL)	2.00	

GOOD STUFF READY TO BLEND SMOOTHIES			
500	Greens 3 Pack	17.95	
505	Family 3 Pack	19.95	
510	Protien 3 Pack	20.95	