

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	Almond Crusted Sole (Gluten-Free)	5.00	28.00
8229	8228	Potato Crusted Chive Cod Fillets	5.00	28.00
9103		Top Sirloin Steaks AA 5 oz (2)	12.95	
9104		Boneless Skinless Chicken Breasts (2)	8.75	
5318		Chicken Souvlaki Skewers (10pcs)	28.00	
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	
2540		Individual Steak & Kidney Pot Pie (240g)	5.95	
3002		Pulled Pork Pie (350g)	6.95	
9072		Family-size Steak & Vegetable 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

KETO LOW CARB MINI MEALS				
2425		Cheesy Broccoli & Ham Casserole	7.95	
2505		Cauliflower Bacon Mac N Cheese	7.95	
2160		Shepards Pie with Cauliflower Mash	7.95	
2170		Meatballs Marinara with Cauliflower Rice	7.95	
2180		Pesto Chicken & Cauliflower Casserole	7.95	
2190		BBQ Beef Meatloaves	7.95	
2515		Cheesy Chicken Breast Fajita Bake	7.95	
2511		Asian Beef Lettuce Wrap Filling	7.95	

Nutritionals available upon request

SUMMER 2019 ORDER FORM

ORDER INFO

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ORDER CODE	MINI MEALS (Individual Entrée-Only Servings)		QTY
7162	Curry Chicken Broccoli & Rice Bake	5.95	
9005	Macaroni & Cheese	5.95	
4609	Shepherd's Pie with Garlic Mash Potatoes	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			
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			
5247	Almond Crusted Sole with Brown Rice & Veggies	8.95	
9077	Honey Mustard Salmon with Plain Mashed Potatoes & Veggies	8.95	

PORK DINNER CHOICES			
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	
6009	Turkey Dinner with Gravy, Stuffing, Mashed Potatoes & Veggies	10.95	
5225	Chicken Alfredo over Linguine	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	

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	

GOURMET BOWLS			
4950	Chicken Teriyaki Rice Bowl with Basmati Rice Bowl	10.95	
5393	Japanese Sweet-Soy Chicken with Basmati Rice Bowl	10.95	

BREAKFAST			
2525	Breakfast Cups (6 pack) (Egg, Ham, Cheese, Asparagus, Peas)	18.00	
6500	Vanilla Yogurt with Granola & Berries	4.95	
2150	NEW Pork Breakfast Sandwich LOW CARB	7.95	

ORDER CODE	LUNCH	QTY
FRESH WRAPS & SANDWICHES		
6795	Turkey Club (Turkey, Bacon, Tomato, Lettuce)	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 Portuguese Bun _____ White Bread _____ Whole Wheat Bread _____

HOMEMADE SOUPS			700 ml
1201	Lucky 13 Vegetable (Gluten-Free)	6.95	
1203	Classic Beef & Barley	6.95	
1204	Grandma's Chicken Noodle	6.95	
1205	French Canadian Split Pea (Gluten-Free)	6.95	
1211	Naughty Thai Chicken	6.95	

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	
4954	Potato Salad – 1/2 Litre	5.00	
4955	Potato Salad – 1 Litre	9.95	

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

CATERING AVAILABLE FOR ALL OCCASIONS!
 WE WILL WORK WITH YOU TO BUILD THE
 BEST OPTION FOR YOUR EVENT
 OR MEETING. CALL OR EMAIL
 FOR MORE INFORMATION.



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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
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	
9059	5" Blackberry Apple Pie	5.95	
7500	10" Apple Pie (unbaked)	16.95	
3441	Lemoncello Cloud Cake	12.00	
3444	Chocolate Cloud Cake	12.00	

INDIVIDUAL GOURMET DESSERTS			
1707	2" Apple Crisp	3.25	
7253	2" Wildberry Mousse	3.25	
7127	3" Triple Chocolate Mousse	4.50	
1070	3" Boston Cream Cake	4.50	
7114	3" Cheesecake – Decorated	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	16.95	
505	Family 3 Pack	19.95	
510	Protien 3 Pack	19.95	

Check out our new delicious KETO/LOW-CARB meal offerings online or in-store