

# FROZEN MENU

TO ORDER:  
call 780-429-2020  
visit: [www.emow.ca](http://www.emow.ca)  
email: [orders@emow.ca](mailto:orders@emow.ca)

\*items and prices subject to change

## beef



	<b>Classic Meatloaf</b> with mushroom gravy, mashed sweet potatoes and peas	<b>\$7.00</b>
	<b>Shepherd's Pie</b> with carrots and peas	<b>\$7.00</b>
	<b>Salisbury Steak</b> with gravy, sauteed onions, roasted potatoes and cauliflower	<b>\$7.00</b>
	<b>Beef and Spinach Lasagna</b> with cauliflower and french beans	<b>\$7.00</b>
	<b>Spaghetti and Meatballs</b> with carrots and corn	<b>\$7.00</b>
	<b>Beef Stew</b> with mashed potatoes and corn	<b>\$7.00</b>
	<b>Beef Stir-fry Bowl</b> with mixed peppers	<b>\$7.00</b>
	<b>Roast Beef</b> with gravy, garlic mashed potatoes, and carrot-turnip mash	<b>\$7.00</b>

## poultry



	<b>Mushroom Chicken</b> with mashed potatoes and sunrise vegetables	<b>\$7.00</b>
	<b>Roasted Chicken</b> with Gravy and cheesy potatoes, peas, and red pepper	<b>\$7.00</b>
	<b>Fresh Herb Baked Chicken Thighs</b> with yellow rice and cauliflower	<b>\$7.00</b>
	<b>Chicken Stir-fry Bowl</b> with mixed peppers	<b>\$7.00</b>
	<b>Chicken Cordon Bleu</b> with garlic mashed potatoes and PEI mix vegetables	<b>\$7.00</b>
	<b>Chicken Taco Bowl</b> with chicken breast, peppers and onions on rice topped with salsa and cheese	<b>\$7.00</b>
	<b>Roasted Turkey</b> with gravy, stuffing, mashed potatoes, peas, and pearl onions	<b>\$7.00</b>
	<b>Turkey Pot Pie</b> a savoury blend of turkey and vegetables in gravy	<b>\$7.00</b>

## seafood



	<b>Cod with Dill Sauce</b> with rice pilaf and peas and carrots	<b>\$7.00</b>
	<b>Pesto Salmon</b> with rice and broccoli	<b>\$7.00</b>
	<b>Baked Salmon</b> with Herb Butter with wild rice pilaf and honey yellow carrots	<b>\$7.00</b>

## pork



	<b>Roasted Pork Loin</b> with gravy, apple stuffing, roasted sweet potatoes and broccoli	<b>\$7.00</b>
	<b>Ham with Cranberry Apricot Sauce</b> with scalloped potatoes, brussels sprouts, and caramelized onion	<b>\$7.00</b>
	<b>BBQ Pork Ribs</b> with potato wedges and green beans	<b>\$7.00</b>

## veggie



	<b>Vegetarian Stroganoff</b> served over egg noodles with brussels sprouts <b>VEGETARIAN</b>	<b>\$7.00</b>
	<b>Chickpea and Tomato Curry</b> with yellow rice and broccoli <b>VEGAN</b>	<b>\$7.00</b>
	<b>Sweet Corn and Spinach Casserole</b> with yellow rice and lentil stew <b>VEGAN</b>	<b>\$7.00</b>

## soup



	<b>Beef and Barley</b>	<b>\$3.00</b>
	<b>Cheeseburger</b>	<b>\$3.00</b>
	<b>Split Pea and Ham</b>	<b>\$3.00</b>
	<b>Chicken Noodle</b>	<b>\$3.00</b>
	<b>Loaded Baked Potato</b>	<b>\$3.00</b>
	<b>Cream of Broccoli</b> <b>VEGETARIAN</b>	<b>\$3.00</b>
	<b>Borscht</b> <b>VEGAN</b>	<b>\$3.00</b>

## breakfast



	<b>Bacon, Egg, and Cheese</b> on an English muffin	<b>\$3.75</b>
	<b>Pancakes</b> with sausages and hash browns	<b>\$7.00</b>
	<b>Breakfast Bowl</b> hashbrowns with scrambled egg, bacon & cheese	<b>\$7.00</b>

## extras



	<b>Yorkshire Pudding</b>	<b>2 for \$1.50</b>
	<b>Beef Gravy</b>	<b>\$1.00</b>
	<b>Turkey Gravy</b>	<b>\$1.00</b>
	<b>Chocolate Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Strawberry Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Vanilla Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Wild Berry Glucerna®</b> <b>DIABETIC FRIENDLY</b>	<b>\$2.00</b>

## sweets



	<b>Multigrain and Fruit Muffin</b>	<b>\$1.00</b>
	<b>Banana Muffin</b>	<b>\$1.00</b>
	<b>Carrot Muffin</b>	<b>\$1.00</b>
	<b>Raisin Bran Muffin</b>	<b>\$1.00</b>
	<b>Strawberry Cream Cake</b>	<b>\$2.50</b>
	<b>Triple Chocolate Cake</b>	<b>\$2.50</b>
	<b>Nanaimo Bar</b>	<b>\$1.00</b>
	<b>Oatmeal Raisin Cookie</b>	<b>\$5.00/ dozen</b>
	<b>Chocolate Chip Cookie</b>	<b>\$5.00/ dozen</b>



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## halal



	Chickpea and Ginger Casserole	<b>\$8.50</b>
	Curried Lentil Casserole	<b>\$8.50</b>
	Spicy Beef Stew	<b>\$8.50</b>
	Sweet Curry Chicken	<b>\$8.50</b>

## gluten-free



	Apple Braised Pork	<b>\$8.50</b>
	Beef and Vegetable Casserole	<b>\$8.50</b>
	Chicken with Mushroom Gravy	<b>\$8.50</b>
	Pot Roast	<b>\$8.50</b>

## pureed



	Macaroni and Cheese	<b>\$5.00</b>
	Beef Stroganoff	<b>\$5.00</b>
	Turkey a la King	<b>\$5.00</b>
	Old Fashioned Beef	<b>\$5.00</b>
	Roast Beef	<b>\$5.00</b>
	Lemon Chicken	<b>\$5.00</b>
	Roast Chicken	<b>\$5.00</b>
	Roast Turkey	<b>\$5.00</b>
	Roast Pork	<b>\$5.00</b>
	BBQ Pork	<b>\$5.00</b>
	Whitefish Newburg	<b>\$5.00</b>
	Honey Ham	<b>\$5.00</b>



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