

FROZEN MENU






BEEF

- 
Classic Meatloaf \$7.00
with mushroom gravy, mashed sweet potatoes and peas
- 
Shepherd's Pie \$7.00
with carrots and peas
- 
Salisbury Steak \$7.00
with gravy, sauteed onions, roasted potatoes and cauliflower
- 
Beef Lasagna \$7.00
with hearty vegetable sauce
- 
Baked Spaghetti \$7.00
with beef and vegetable sauce
- 
Beef Stew \$7.00
with mashed potatoes and corn
- 
Roast Beef \$7.00
with garlic mashed potatoes and a mashed carrot and turnip blend
- 
Beef Stir-Fry Bowl \$7.00
Beef with carrots, celery, peppers, and onions on rice




SEAFOOD

- 
Cod with Dill Sauce \$7.00
with rice pilaf and carrots
- 
Pesto Salmon \$7.00
with rice and broccoli
- 
Baked Herb Butter Salmon \$7.00
with wild rice pilaf, and honey yellow carrots




VEGGIE V = Vegan | Veg = Vegetarian

- 
Vegetarian Stroganoff (Veg) \$7.00
with egg noodles with brussels sprouts
- 
Chickpea Tomato Curry (V) \$7.00
with yellow rice and broccoli






POULTRY

- 
Mushroom Chicken \$7.00
with mashed potatoes and sunrise vegetables
- 
Roasted Chicken \$7.00
with gravy, cheesy potatoes, peas, and red pepper
- 
Herb Baked Chicken Thighs \$7.00
with yellow rice and cauliflower
- 
Chicken Stir-Fry Bowl \$7.00
with mixed peppers
- 
Chicken Taco Bowl \$7.00
with chicken, peppers and onions on rice with salsa and cheese
- 
Chicken Cordon Bleu \$7.00
with mashed potatoes and PEI veggies
- 
Turkey Pot Pie \$7.00
a savoury blend of turkey and vegetables in gravy
- 
Roasted Turkey \$7.00
with gravy, stuffing, mashed potatoes, peas, and pearl onions
- 
Chicken & Waffles \$7.00
with maple bacon potatoes



PORK

- 
Roasted Pork Loin \$7.00
with gravy, apple stuffing, sweet potatoes and broccoli
- 
Ham w/ Cran Apricot Sauce \$7.00
with scalloped potatoes, brussels sprouts, and caramelized onion
- 
BBQ Pork Riblets \$7.00
with potato wedges and green beans



SOUP

V = Vegan | Veg = Vegetarian

<input type="checkbox"/>	Beef & Barley	\$3.00
<input type="checkbox"/>	Cheeseburger	\$3.00
<input type="checkbox"/>	Split Pea & Ham	\$3.00
<input type="checkbox"/>	Chicken Noodle	\$3.00
<input type="checkbox"/>	Loaded Baked Potato	\$3.00
<input type="checkbox"/>	Cream of Broccoli (Veg)	\$3.00
<input type="checkbox"/>	Borscht (V)	\$3.00
<input type="checkbox"/>	Coconut Curry Lentil (V)	\$3.00



HALAL

<input type="checkbox"/>	Chickpea & Ginger Casserole	\$8.50
<input type="checkbox"/>	Curried Lentil Casserole	\$8.50
<input type="checkbox"/>	Spicy Beef Stew	\$8.50
<input type="checkbox"/>	Sweet Chicken Curry	\$8.50



PURÉED

<input type="checkbox"/>	Macaroni & Cheese	\$5.00
<input type="checkbox"/>	Beef Stroganoff	\$5.00
<input type="checkbox"/>	Turkey a la King	\$5.00
<input type="checkbox"/>	Old Fashioned Beef	\$5.00
<input type="checkbox"/>	Roast Beef	\$5.00
<input type="checkbox"/>	Lemon Chicken	\$5.00
<input type="checkbox"/>	Roast Turkey	\$5.00
<input type="checkbox"/>	Roast Pork	\$5.00
<input type="checkbox"/>	BBQ Pork	\$5.00
<input type="checkbox"/>	Whitefish Newburg	\$5.00
<input type="checkbox"/>	Honey Ham	\$5.00
<input type="checkbox"/>	Roast Chicken	\$5.00



BREAKFAST

<input type="checkbox"/>	Bacon, Egg, and Cheese on an English muffin	\$3.75
<input type="checkbox"/>	Pancakes with sausage and hashbrowns	\$7.00
<input type="checkbox"/>	Breakfast Bowl with hashbrowns, scrambled egg, bacon, and cheese.	\$7.00



EXTRAS

<input type="checkbox"/>	Beef Gravy	\$1.00
<input type="checkbox"/>	Turkey Gravy	\$1.00
<input type="checkbox"/>	Chocolate Boost	\$2.00
<input type="checkbox"/>	Strawberry Boost	\$2.00
<input type="checkbox"/>	Vanilla Boost	\$2.00
<input type="checkbox"/>	Boost (Diabetic Friendly)	\$2.00



SWEETS

<input type="checkbox"/>	Multigrain & Fruit Muffin	\$1.00
<input type="checkbox"/>	Banana Muffin	\$1.00
<input type="checkbox"/>	Carrot Muffin	\$1.00
<input type="checkbox"/>	Raisin Bran Muffin	\$1.00
<input type="checkbox"/>	Strawberry Cream Cake	\$2.50
<input type="checkbox"/>	Triple Chocolate Cake	\$2.50
<input type="checkbox"/>	Nanaimo Bar	\$1.00
<input type="checkbox"/>	Oatmeal Raisin Cookie	\$5.00 / 12
<input type="checkbox"/>	Chocolate Chip Cookie	\$5.00 / 12



GLUTEN-FREE

<input type="checkbox"/>	Apple Braised Pork	\$8.50
<input type="checkbox"/>	Beef & Vegetable Casserole	\$8.50
<input type="checkbox"/>	Chicken w/ Mushroom Gravy	\$8.50
<input type="checkbox"/>	Pot Roast	\$8.50