










FROZEN MENU






BEEF

	Classic Meatloaf with mushroom gravy, mashed sweet potatoes and peas	\$7.75
	Shepherd's Pie with carrots and peas	\$7.75
	Salisbury Steak with gravy, sauteed onions, roasted potatoes and cauliflower	\$7.75
	Beef Lasagna with hearty vegetable sauce	\$7.75
	Baked Spaghetti with beef and vegetable sauce	\$7.75
	Beef Stew with mashed potatoes and corn	\$7.75
	Roast Beef with garlic mashed potatoes and a mashed carrot and turnip blend	\$7.75
	Beef Stir-Fry Bowl with carrots, celery, peppers, and onions on rice	\$7.75
	Seekh Kebab with basmati rice and nauratan	\$7.75



SEAFOOD

	Cod with Dill Sauce with rice pilaf and carrots	\$7.75
	Pesto Salmon with rice and broccoli	\$7.75
	Baked Herb Butter Salmon with wild rice pilaf, and honey yellow carrots	\$7.75



PORK

	Roasted Pork Loin with gravy, apple stuffing, sweet potatoes and broccoli	\$7.75
	Ham w/ Cran Apricot Sauce with scalloped potatoes, brussels sprouts, and caramelized onion	\$7.75
	BBQ Pork Riblets with potato wedges and green beans	\$7.75



POULTRY

	Mushroom Chicken with mashed potatoes and sunrise vegetables	\$7.75
	Roasted Chicken with gravy, cheesy potatoes, peas, and red pepper	\$7.75
	Herb Baked Chicken Thighs with yellow rice and cauliflower	\$7.75
	Chicken Stir-Fry Bowl with mixed peppers	\$7.75
	Chicken Taco Bowl with chicken, peppers and onions on rice with salsa and cheese	\$7.75
	Chicken Cordon Bleu with mashed potatoes and PEI veggies	\$7.75
	Turkey Pot Pie a savoury blend of turkey and vegetables in gravy	\$7.75
	Roasted Turkey with gravy, stuffing, mashed potatoes, peas, and pearl onions	\$7.75
	Chicken & Waffles with maple bacon potatoes	\$7.75
	Chicken Quorma with naan and vegetables	\$7.75






VEGGIE V = Vegan | Veg = Vegetarian

	Vegetarian Stroganoff (Veg) with egg noodles with brussels sprouts	\$7.75
	Chickpea Tomato Curry (V) with yellow rice and broccoli	\$7.75



FAMILY-SIZED (Four serving sizes)

	Beef Lasagna with hearty vegetable sauce	\$18.00
	Baked Spaghetti with beef and vegetable sauce	\$18.00
	Chicken & Waffles with maple bacon potatoes	\$18.00



SOUP

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■	Beef & Barley	\$3.25
■	Cheeseburger	\$3.25
■	Split Pea & Ham	\$3.25
■	Chicken Noodle	\$3.25
■	Loaded Baked Potato	\$3.25
■	Cream of Broccoli (Veg)	\$3.25
■	Borscht (V)	\$3.25
■	Coconut Curry Lentil (V)	\$3.25
■	Lentil Tarka (V)	\$3.25



HALAL

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■	Chickpea & Ginger Casserole (V)	\$9.50
■	Curried Lentil Casserole (V)	\$9.50
■	Spicy Beef Stew	\$9.50
■	Sweet Chicken Curry	\$9.50



PURÉED

■	Macaroni & Cheese	\$5.50
■	Beef Stroganoff	\$5.50
■	Turkey à la King	\$5.50
■	Old Fashioned Beef	\$5.50
■	Roast Beef	\$5.50
■	Lemon Chicken	\$5.50
■	Roast Turkey	\$5.50
■	Roast Pork	\$5.50
■	BBQ Pork	\$5.50
■	White Fish Newburg	\$5.50
■	Honey Ham	\$5.50
■	Roast Chicken	\$5.50



BREAKFAST

■	Bacon, Egg, and Cheese on an English muffin	\$4.00
■	Pancakes with sausage and hashbrowns	\$7.75
■	Breakfast Bowl with hashbrowns, scrambled egg, bacon, and cheese.	\$7.75



EXTRAS

■	Beef Gravy	\$1.25
■	Turkey Gravy	\$1.25
■	Chocolate Boost	\$3.00
■	Strawberry Boost	\$3.00
■	Vanilla Boost	\$3.00
■	Boost (Diabetic Friendly)	\$3.00
■	Yorkshire Pudding	\$1.75



SWEETS

■	Multigrain & Fruit Muffin	\$1.25
■	Banana Muffin	\$1.25
■	Carrot Muffin	\$1.25
■	Raisin Bran Muffin	\$1.25
■	Strawberry Cream Cake	\$2.75
■	Triple Chocolate Cake	\$2.75
■	Nanaimo Bar	\$1.25
■	Oatmeal Raisin Cookie (6)	\$2.75
■	Chocolate Chip Cookie (6)	\$2.75



GLUTEN-FREE

■	Apple Braised Pork	\$9.50
■	Beef & Vegetable Casserole	\$9.50
■	Chicken w/ Mushroom Gravy	\$9.50
■	Pot Roast	\$9.50