



2023

SINGLE PORTION FROZEN SENIOR MEALS - \$8.75 each:

These meals are specifically designed for seniors. Complete "oven-ready" small portioned meals all in one container that can be placed into the oven or easily transferred to a microwave-safe dish if you prefer.

Orders can take from 3 – 5 days to complete.

All meals are made with reduced sodium. Free delivery is available within our zone. \$50.00 minimum before taxes.

Chicken Breast Marsala

Seared then topped with mushrooms and our red wine cream sauce. Served with mashed potatoes & mixed vegetables.

Roasted Red Pepper Chicken

Pan seared then topped with our roasted red pepper sauce. Served with mashed potatoes & green beans.

Chicken Parmesan Style

Seared chicken breast topped with meat sauce and 3 cheese blend. Served with pasta meat sauce and mixed vegetables.

Pork Tenderloin

Pan seared then topped with a mushroom gravy. Served with mashed potatoes and peas.

Back Ribs

Tender BBQ back ribs served with mashed potatoes and mixed vegetables.

Broiled White Fish

Mild Basa topped with our light tomato dill sauce and served with rice pilaf and mixed vegetables.

Cabbage Roll

Tender beef & rice filled cabbage roll baked in our hearty tomato sauce. Served with rice and green beans.

Meatloaf & Gravy

All beef roasted till tender then topped with mushroom gravy. Served with mashed potatoes & peas

Beef Stroganoff

Tender beef tossed in our red wine creamy dill sauce with pasta. Served with peas.

Roast Beef Dinner

Tender beef brisket finished with mushroom gravy, mashed potatoes & carrots.

Meat & Cheese Lasagna Dinner

Four cheese lasagna finished with our meat sauce. Served with green beans.

All items do not include applicable taxes.

FROM OUR FREEZER TO YOURS:

BEEF & BEAN CHILI - \$13.00/LITRE

VEGETARIAN CHILI - \$13.00/LITRE

MEAT PIE (TOURTIERE) - \$5.50 5 INCH / \$20.00 10 INCH

SHEPHERDS PIE - \$15.00/MINI PAN

SWEDISH MEATBALLS - \$15.00/MINI PAN

BEEF & RICE CABBAGE ROLLS - \$15.00/MINI PAN

MEAT & CHEESE LASAGNA - \$15.00/MINI PAN

VEGETARIAN LASAGNA - \$15.00/MINI PAN

CHICKEN & SPINACH LASAGNA - \$15.00/MINI PAN