



2025

### **SINGLE PORTION FROZEN SENIOR MEALS - \$9.00 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 - \$14.00/LITRE

VEGETARIAN CHILI - \$14.00/LITRE

MEAT PIE (TOURTIERE) - \$6.00 5 INCH / \$20.00 10 INCH

SHEPHERDS PIE - \$15.00/MINI PAN

SWEDISH MEATBALLS - \$16.00/MINI PAN

BEEF & RICE CABBAGE ROLLS - \$16.00/MINI PAN

MEAT & CHEESE LASAGNA - \$15.00/MINI PAN

VEGETARIAN LASAGNA - \$15.00/MINI PAN

CHICKEN & SPINACH LASAGNA - \$15.00/MINI PAN