



# Menu



Every 2 weeks  
Minimum order 7 meals  
Transport \$3 - \$5

## 16 ounce Soup \$4.50 - Meal \$5.75

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 Beef and barley soup           | 20 Meat macaroni                |
| 2 Vegetable soup                 | 21 Chinese macaroni             |
| 3 Chicken noodle soup            | 22 Pork stew                    |
| 4 Tomato and rice soup           | 23 Omelet * **                  |
| 5 Vegetable beef stew * **       | 24 Meatloaf                     |
| 6 Beef bourguignon               | 25 Chicken pot pie **           |
| 7 Cabbage rolls                  | 26 Salmon pie ***               |
| 8 Seafood shell                  | 27 Shepherd's pie *             |
| 9 Pork chop                      | 28 Meat ball stew               |
| 10 Chicken legs                  | 29 Chicken rice                 |
| 11 Turkey in gravy               | 30 Roast beef                   |
| 12 Fettucini Alfredo             | 31 Pork and beef sausage        |
| 13 Pork loin                     | 32 Spaghetti meat sauce         |
| 14 Grilled salmon filet * **     | 33 Chicken breast with sauce    |
| 15 Fusilli pasta in a rose sauce | 34 Chicken tournedos            |
| 16 Hamburger steak               | 35 Meat pie (single serving) ** |
| 17 Pineapple ham                 | 36 Spaghetti sauce 16 oz - 6 \$ |
| 18 Three cheese lasagna          | 37 Whole meat pie 9 \$          |
| 19 Traditional lasagna           |                                 |

\*Top 5 without SALT

\*\*Top 5 without SUGAR



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## PIE \$3.50 for 1/2 pie

- |               |                           |
|---------------|---------------------------|
| 38 Apple pie  | 41 Blueberry pie          |
| 39 Sugar pie  | 42 Strawberry rhubarb pie |
| 40 Raisin pie | 43 Raspberry pie          |

## Whole PIE \$7

- |               |                           |
|---------------|---------------------------|
| 44 Apple pie  | 47 Blueberry pie          |
| 45 Sugar pie  | 48 Strawberry rhubarb pie |
| 46 Raisin pie | 49 Raspberry pie          |

## Dessert \$4

- |                              |                            |
|------------------------------|----------------------------|
| 50 Raisin & bran muffins (6) | 53 Blueberry muffins (6)   |
| 51 Banana muffins (6)        | 54 Date squares (6)        |
| 52 Field berry muffins (6)   | 55 Field berry squares (6) |

List of ingredients available upon request.  
All prices include taxes.

*Bon appétit!*



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