

11111 103 AVE NW
Edmonton, AB T5K 2P1

HEAT 'N' EAT FAVOURITES

All frozen entrees are \$4.50 each unless otherwise stated

Beef

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|---|--|
| ___#4 Meatloaf with Mushroom Gravy, Mashed Potatoes, & Corn | ___#11 Beef Stew with Mashed Potatoes & Corn
\$5.00 |
| ___#6 Roast Beef with Gravy, Mashed Potatoes & Peas \$6.00 | ___#12 Salisbury Steak with Sautéed Onions, Gravy, Mashed Potatoes & peas |
| ___#8 Shepherd's Pie with Peas & Carrots | ___#30 Beef Stir-Fry Bowl with Rice, Green & Red Peppers, Carrots & Celery \$5.00 *NEW* |

Casseroles & Pasta

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|--|--|
| ___#2 Lasagne with Cauliflower & Green Beans | ___#33 Shrimp Linguine Bowl with Peppers, Onions & Cream Sauce \$5.00 *NEW* |
| ___#20 Spaghetti & Meatballs with Carrots & Corn | |

Pork

- | | |
|--|---|
| ___#5 Perogies stuffed with Cheddar and Potato with Sautéed Onions, Garlic Sausage, Peas & Carrots | ___#29 BBQ Pork Riblets with Potato Wedges & Green Beans \$5.00 |
| ___#23 Roast Pork with Apple Stuffing, Gravy, Mashed Potatoes & Mixed Vegetables \$5.00 | ___#32 Sweet & Sour Pork Bowl with Peppers and Onions \$5.00 *NEW* |
| ___#24 Ham & Pineapple Sauce with Scalloped Hash Brown Potatoes & Green Beans \$5.00 | |

Chicken and Turkey

- | | |
|---|---|
| ___#16 Chicken with Mushroom Sauce, Mashed Potatoes & Peas | ___#31 Chicken Stir-Fry Bowl with Rice, Green & Red Peppers, Carrots & Celery \$5.00 *NEW* |
| ___#17 BBQ Chicken with Mashed Potatoes & California Mixed Vegetables | ___#34 Breaded Stuffed Chicken Breast Cordon Bleu with Mashed Potatoes & Carrots \$6.00 |
| ___#19 Roast Turkey with Dressing, Mashed Potatoes & Carrots \$6.00 | ___#E1 Butter Chicken with Basmati Rice \$6.00 |
| ___#21 Chicken with Rosemary Sauce, Mashed Carrot/Turnip & Roasted Potatoes \$6.00 *NEW* | |

Seafood

- | | |
|---|---|
| ___#7 Salmon with Pesto Sauce, Rice & Peppers, and Onions \$6.00 *NEW* | ___#27 Crab Stuffed Salmon with Peas, Pearl Onions & Butternut Squash \$6.00 *NEW* |
| ___#26 Cod with Dill Sauce, Rice Pilaf, Peas & Carrots | |

Breakfast

- ___#10 Pancakes, Pork Sausages, Hash Brown Potatoes, and Syrup

SAMPLER PACK

\$20.00

___ Each sampler pack includes one each of: #2 Lasagna , #4 Meatloaf, #11 Beef Stew, #16 Chicken with Mushroom Sauce & #23 Roast Pork

SPECIAL DIETS

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|--|---|
| ___V1 Vegetarian Shepherd's Pie (<i>Vegetarian</i>)
\$5.00 | ___H1 Macaroni & Cheese (<i>Halal & Vegetarian</i>)
\$5.00 |
| ___V2 Pad Thai with Tofu **CONTAINS PEANUTS** (<i>Vegetarian</i>) \$5.00 | ___H2 Vegetable Stew (<i>Halal & Vegetarian</i>) \$5.00 |
| ___V3 Indian Chana Masala with Rice Lentil Pilaf (<i>Vegetarian</i>) \$5.00 | ___H4 Split Pea Casserole (<i>Halal & Vegetarian</i>)
\$5.00 |
| ___V5 Tuscan Bean Stew with Fettuccine Noodles (<i>Vegetarian</i>) \$5.00 | ___H6 Tomato & Zucchini Casserole (<i>Halal & Vegetarian</i>) \$5.00 |
| ___V6 Caribbean Stew with Rice Lentil Pilaf (<i>Vegetarian</i>) \$5.00 | ___H8 Sweet Chicken Curry (<i>Halal</i>) \$6.00 |
| | ___H9 Chickpea & Ginger Casserole (<i>Halal</i>) \$5.00 |

HEARTY FROZEN SOUPS

\$2.00 Each

- | | | |
|------------------------|-----------------------------|------------------------|
| ___A Minestrone | ___E Chicken Vegetable Rice | ___H Beef Barley |
| ___B Borscht | ___F Cream of Broccoli | ___J Beef Vegetable |
| ___C Country Vegetable | ___G Green Pea | ___L Cream of Mushroom |
| ___D Chicken Noodle | | |

SWEET ENDINGS

Squares \$0.95 ea

- ___D1 Nanaimo Bar
___D2 Butter Tart Square
___D4 Matrimonial Square
___D6 Low Sugar Brownie (*Diabetic friendly*)

Muffins \$0.95 ea

- ___D7 Banana Muffin
___D8 Blueberry Muffin (*Diabetic friendly*)
___D9 Carrot Muffin
___D12 Raisin Bran Muffin (*Diabetic friendly*)

Cookies \$5.00 per dozen

- ___C1 Oatmeal Raisin Cookie (*Diabetic friendly*)
___C3 Chocolate Chip Cookie (*Diabetic friendly*)
___C4 Peabutter Cookie (*tastes like peanut butter but contains no nuts!*)

Cakes \$2.00 ea

- ___B1 Red Velvet Cake
___B2 Black Velvet Cake
___B3 Lemon Cream Cake
___B4 Strawberry Cream Shortcake

Meal Replacement Drinks

\$1.50 ea

- ___MS Strawberry Meal Replacement Drink
___MV Vanilla Meal Replacement Drink
___MC Chocolate Meal Replacement Drink

GRAVY

\$1.00 ea

- ___A1 Beef Gravy 4oz **\$1.00**
___A2 Turkey Gravy 4oz **\$1.00**

