

## Frozen Foods

01. Individual FROZEN Dinners		
101 -Indiv	Vegetarian Lasagna	\$5.99
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv	Chicken Lasagna	\$6.49
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv	Beef Lasagna	\$6.49
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv	Vegetarian Chili with Cheese	\$5.75
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv	Chicken Chili with Cheese	\$6.49
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv	Beef Chili with Cheese	\$6.89
Bubbling Beef Chili topped with Cheese.		
107 -Indiv	Sausage & Beans Dinner	\$6.99
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv	Creamy Mushroom Alfredo	\$5.75
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv	Macaroni & Cheddar Bake	\$5.75
Cheddar Cheese Sauce over Tender Elbow Macaroni.		
110 -Indiv	Macaroni & Cheddar Bake w. Ham	\$5.99
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv	Italian Pasta w. Meat Sauce	\$6.49
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv	Vegan Curry w. Basmati Rice (V)	\$5.99
Vegetables & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv	Chicken Stew	\$5.99
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv	Chicken Curry w. Basmati Rice	\$6.79
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower		
115 -Indiv	Tuna Casserole	\$6.49
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv	Shepherd's Pie	\$6.95
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv	Peroghy Casserole	\$5.99
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv	Peroghy Casserole & Cabbage rolls	\$6.49
Succulent Cabbage rolls plus our Classic Peroghy Casserole.		
119 -Indiv	Sweet & Sour Meatball Dinner	\$6.75
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv	Beef Moussaka	\$6.75
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv	Meatloaf w. Tomato Sauce	\$6.75
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv	Pork Stroganoff	\$6.69
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv	Sweet & Sour Pork	\$6.59
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv	Baked Virginia Ham Dinner	\$6.75
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv	Beef Stew	\$6.59
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv	Japanese Chicken Wings	\$6.79
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Garden Peas.		
128 -Indiv	Barbeque Chicken Dinner	\$7.20
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv	Roast Herb Chicken Dinner	\$7.05
Cranberry Sage Stuffing, Fluffy Potatoes & Garlic Buttered Corn.		
130 -Indiv	Beef Pot Roast	\$7.79
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		

131 -Indiv	Three Cheese Penne Pasta	\$5.99
In Homestyle Marinara Sauce Topped w. Italian Grilled Peppers & Cheese.		
132 -Indiv	Salisbury Steak Dinner	\$6.85
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv	Chicken Cacciatore	\$6.75
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv	Louisiana Pulled Pork	\$6.75
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv	Cabbage Rolls	\$6.59
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv	Teriyaki Salmon Dinner	\$7.65
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv	Meatballs & Gravy Dinner	\$6.75
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauté		
138 -Indiv	Roast Turkey Dinner	\$7.05
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv	<b>NEW!</b> Scalloped Potatoes	\$5.25
<b>Flour Free!</b> Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		

02. FROZEN Family Sized Dinners (serves 3-4) 1kg.		
101 -1kg.	Vegetarian Lasagna	\$13.99
102 -1kg.	Chicken Lasagna	\$14.99
103 -1kg.	Beef Lasagna	\$14.99
104 -1kg.	Vegetarian Chili w. Cheese	\$12.49
105 -1kg.	Chicken Chili w. Cheese	\$13.99
106 -1kg.	Beef Chili w. Cheese	\$14.99
108 -1kg.	Penne Mushroom Alfredo Pasta	\$12.99
109 -1kg.	Macaroni & Cheddar Bake	\$12.99
110 -1kg.	Macaroni & Cheddar Bake w. Ham	\$13.99
113 -1kg.	Chicken Stew	\$13.49
114 -1kg.	Chicken Curry w. Basmati Rice	\$13.49
116 -1kg.	Shepherd's Pie	\$15.69
117 -1kg.	Peroghy Casserole	\$14.99
120 -1kg.	Vegetarian Moussaka	\$14.99
121 -1kg.	Beef Moussaka	\$15.49
126 -1kg.	Beef Stew	\$14.69
137 -1kg.	Meatballs & Gravy	\$15.69
138 -1kg.	Roast Turkey Dinner	\$15.69
139 -900 g.	Scalloped Potatoes <b>Flour Free!</b>	\$11.49

03. FROZEN Party Sized Dinners (serves 6-8) 2.5kg.		
101 -2.5kg.	Vegetarian Lasagna	\$32.99
102 -2.5kg.	Chicken Lasagna	\$34.99
103 -2.5kg.	Beef Lasagna	\$34.99
104 -2.5kg.	Vegetarian Chili	\$29.99
105 -2.5kg.	Chicken Chili	\$33.49
106 -2.5kg.	Beef Chili	\$33.99
108 -2.5kg.	Penne Mushroom Alfredo	\$31.99
112 -2.5kg.	Vegan Curry (V)	\$32.99
113 -2.5kg.	Chicken Stew	\$32.99
114 -2.5kg.	Chicken Curry	\$33.99
116 -2.5kg.	Shepherd's Pie	\$36.99
117 -2.5kg.	Peroghy Casserole	\$34.99
119 -3dz.	Sweet & Sour Meat Balls (3dz.)	\$29.99
120 -2.5kg.	Vegetarian Moussaka	\$36.99
121 -2.5kg.	Beef Moussaka	\$36.99
126 -2.5kg.	Beef Stew	\$35.99
131 -2.5kg.	3-Cheese Penne Pasta	\$31.99
135 -24pc.	Cabbage Rolls (24-pc.)	\$32.99
137 -3dz.	Meatballs & Gravy (3dz.)	\$29.99

**For a list of Frozen Customer Favorites & Frozen Soup Concentrate, See back side of page.**

# Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

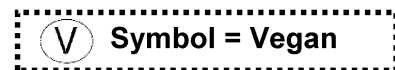
Sept-201'

## Frozen Foods

4 FROZEN CUSTOMER FAVORITES		
500 -5"	5 inch Ham Quiche	\$4.49
500 -9"	9 inch Ham Quiche	\$15.99
501 -5"	5 inch Vegetarian Quiche	\$4.49
501 -9"	9 inch Vegetarian Quiche	\$14.49
517 -5"	5 inch Chicken Quiche	\$4.49
517 -9"	9 inch Chicken Quiche	\$15.99
518 -5"	5" Spinach & Mush. Quiche	\$4.49
518 -9"	9 inch Spinach & Mush. Quiche	\$14.49
503 -5"	5 inch Chicken Pot Pie	\$5.49
503 -9"	9 inch Chicken Pot Pie (serves 4-5)	\$22.99
504 -6pc.	Crab Cakes (6)	\$10.99
505 -6pc.	Potato, Vegetable & Feta Pancakes	\$8.99
506 -8pc.	Garden Veggie Bites (8) (V)	\$6.99
507 -4pc.	Garden Veggie Patties (4) (V)	\$8.99
508 -4pc.	Homestyle Beef Burgers (4)	\$9.99
512 -ea.	Beef Burrito (single)	\$6.10
513 -ea.	Chicken Burrito (single)	\$5.99
514 -1dz.	Garlic Bread (12 pc.)	\$8.25
515 -ea.	Cream Brie Apple Chicken 189gr.	\$5.50
516 -sm.	Hummus 8 oz. (V)	\$4.49
520 -ea.	Homemade Gravy 4oz.	\$1.15
530 -ea.	<b>NEW!</b> Greek Pita Pizza 7"	\$3.99
531 -ea.	<b>NEW!</b> Hawaiian Pita Pizza 7"	\$3.99
532 -ea.	<b>NEW!</b> Pep. & Bacon Pita Pizza 7"	\$3.99
6 DESSERTS		
602 -ea.	Apple Crisp	\$4.99
604 -ea.	Rhubarb Strawberry Crisp <i>Flour Free</i>	\$4.99
651 -ea.	Carrot Cake w/ Cream Cheese Icing	\$4.99
ea.	Individual Yogurt - Assorted Flavors	\$1.69
605 -1/2dz.	Muffins 6-pcs.	\$13.75
605 -1dz.	Muffins 12-pcs.	\$26.99
607 -1/2dz.	Flourless Peanut Butter Cookies	\$5.50
607 -1dz.	Flourless Peanut Butter Cookies	\$10.99
609 -1/2dz.	Assorted Cookies 6-pcs.	\$5.50
609 -1dz.	Assorted Cookies 12-pcs.	\$10.99
611 -1/2dz.	Dainties 6-pcs.	\$6.99
611 -1dz.	Dainties 12-pcs.	\$13.99
612 -1/2dz.	Rice Krispie Squares	\$13.49
613 -1/2dz.	Peanut Butter Confetti Cakes	\$13.49
614 -1/2dz.	Chocolate Puffed Wheat Cakes (V)	\$13.49
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$10.99
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$5.50
620 -1dz.	Snicker Doodle Sugar Cookies	\$10.99
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$5.50
621 -1dz.	Lemon Shortbread Cookies (V)	\$10.99
622 -ea.	Cinnamon Bun	\$2.25
622 -1/2dz.	Cinnamon Buns	\$12.99

5 FROZEN SOUP CONCENTRATE		
400 -Sm.	Beet Borscht (V)	\$3.75
400 -Med.	Beet Borscht (V)	\$6.25
401 -Sm.	French Farm (V)	\$3.75
401 -Med.	French Farm (V)	\$6.25
402 -Sm.	Beef Barley	\$4.25
402 -Med.	Beef Barley	\$7.25
403 -Sm.	Red Lentil with Apricot (V)	\$3.75
403 -Med.	Red Lentil with Apricot (V)	\$7.25
406 -Sm.	Light Chicken Vegetable	\$4.25
406 -Med.	Light Chicken Vegetable	\$7.25
407 -Sm.	Potato Bacon and Cheddar	\$4.25
407 -Med.	Potato Bacon and Cheddar	\$7.25
408 -Sm.	Pumpkin (V)	\$3.75
408 -Med.	Pumpkin (V)	\$6.25
409 -Sm.	Classic Tomato (V)	\$3.75
409 -Med.	Classic Tomato (V)	\$6.25
410 -Sm.	Broccoli Cheddar	\$3.75
410 -Med.	Broccoli Cheddar	\$6.25
411 -Sm.	Spaghetti	\$4.25
411 -Med.	Spaghetti	\$7.25
412 -Sm.	Minestrone (V)	\$3.75
412 -Med.	Minestrone (V)	\$6.25
413 -Sm.	Split Pea and Ham	\$4.25
413 -Med.	Split Pea and Ham	\$7.25
Coconut Bliss Non-Dairy Frozen Dessert 473ml.		
ea.	Dark Chocolate Coconut Bliss (V)	\$8.39
ea.	Naked Coconut Bliss (V)	\$8.39
ea.	Ginger Caramel Coconut Bliss (V)	\$8.39
ea.	Mint Galactica Coconut Bliss (V)	\$8.39
**SEASONAL DESSERTS**		
650 - 5"	Prize Pumpkin Pie	\$3.99
650 - 9"	Prize Pumpkin Pie	\$13.99
656 - 5"	Sugar Free Pumpkin Pie	\$3.99
656 - 9"	Sugar Free Pumpkin Pie	\$13.99
657 - 5"	Blueberry Pie	\$4.99
657 - 9"	Blueberry Pie	\$19.99
Mini	Real Whipped Cream (serves 1-2)	\$0.99
Medium	Real Whipped Cream (serves 6-8)	\$3.89

\*Prices subject to change without notice.



**Monday-Friday \$7.99 & Sat. \$9.99**

Same day delivery Mon. - Fri. & 1 day notice for Saturday.

## City Wide Delivery



Cash, cheque or credit cards. Interac in store only.

### Registered meal provider with Veterans Affairs!

We offer healthy home-style meals made with low sodium, low sugar and low fat.