

840 Erin St. Wpg, Mb. R3G 2W5 (on the corner of St. Matthews)

Individual Fresh & Frozen Menu

01. INDIVIDUAL FROZEN DINNERS		
101 -Indiv.	Vegetarian Lasagna	\$7.49
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv.	Chicken Lasagna	\$7.99
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv.	Beef Lasagna	\$7.99
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv.	Vegetarian Chili (GF)	\$7.25
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv.	Chicken Chili (GF)	\$7.99
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv.	Beef Chili (GF)	\$8.39
Bubbling Beef Chili topped with Cheese.		
107 -Indiv.	Sausage & Beans Dinner	\$8.49
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv.	Mushroom Alfredo Penne Pasta	\$7.25
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv.	New! Macaroni & Cheddar Bake	\$7.25
New & Improved! Cheddar Cheese Sauce over tender Macaroni.		
110 -Indiv.	New! Mac & Cheddar Bake w. Ham	\$7.49
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv.	Italian Pasta w. Meat Sauce	\$7.99
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv.	Vegan Curry w. Basmati Rice (GF)	\$7.49
Vegetable & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv.	Chicken Stew	\$7.49
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv.	Chicken Curry w. Mild Sauce (GF)	\$8.55
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower.		
115 -Indiv.	Tuna Casserole Dinner	\$7.99
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv.	Shepherd's Pie	\$8.69
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv.	Peroghy Casserole	\$7.49
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv.	Peroghy Casserole & Cabbage Rolls	\$7.99
Succulent Cabbage rolls plus our Classic Peroghy Casserole.		
119 -Indiv.	Sweet & Sour Meatballs	\$8.25
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv.	Baked Meat Moussaka	\$8.25
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv.	Meatloaf & Mashed Potato Meal	\$8.25
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv.	Pork Stroganoff	\$8.19
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv.	Sweet & Sour Pork (GF)	\$8.10
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv.	Virginia Ham Dinner (GF)	\$8.25
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv.	Beef Stew	\$8.10
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv.	Japanese Chicken Wing Dinner (GF)	\$8.29
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		

128 -Indiv.	Baked Barbeque Chicken	\$8.69
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv.	Herb Roast Chicken Dinner	\$8.55
Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.		
130 -Indiv.	Beef Pot Roast Dinner (GF)	\$9.25
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		
132 -Indiv.	Salisbury Steak Dinner	\$8.35
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv.	Chicken Cacciatore	\$8.25
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv.	Louisiana-Style Pulled Pork (GF)	\$8.25
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv.	Cabbage Rolls (V)	\$8.10
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv.	Teriyaki Salmon Dinner (GF)	\$9.15
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv.	Meatballs & Gravy Dinner	\$8.25
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Saute		
138 -Indiv.	Roast Turkey Dinner	\$8.55
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv.	Scalloped Potatoes (GF)	\$6.75
Flour Free! Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		
140 -Indiv.	Paella (GF)	\$8.99
A Spanish rice dish with mild Chorizo sausage and Chicken		
141 -Indiv.	Chinese Orange Glazed Chicken	\$9.25
Baked breast in orange glaze w. Chow Mein noodles & Veg Fried Rice		

FROZEN SOUP CONCENTRATE

400 -Sm.	Beet Borscht (GF) (V)	\$4.99
400 -Med.	Beet Borscht (GF) (V)	\$7.49
401 -Sm.	French Farm (GF) (V)	\$4.99
401 -Med.	French Farm (GF) (V)	\$7.49
402 -Sm.	Beef Barley	\$5.99
402 -Med.	Beef Barley	\$8.99
403 -Sm.	Red Lentil with Apricot (GF) (V)	\$4.99
403 -Med.	Red Lentil with Apricot (GF) (V)	\$7.49
406 -Sm.	Light Chicken Vegetable (GF)	\$5.49
406 -Med.	Light Chicken Vegetable (GF)	\$8.49
407 -Sm.	Potato Bacon and Cheddar (GF)	\$5.49
407 -Med.	Potato Bacon and Cheddar (GF)	\$8.49
408 -Sm.	Pumpkin (GF) (V)	\$4.99
408 -Med.	Pumpkin (GF) (V)	\$7.49
409 -Sm.	Classic Tomato (GF) (V)	\$4.99
409 -Med.	Classic Tomato (GF) (V)	\$7.49
410 -Sm.	Broccoli Cheddar (GF)	\$4.99
410 -Med.	Broccoli Cheddar (GF)	\$7.49
411 -Sm.	Spaghetti (GF)	\$5.99
411 -Med.	Spaghetti (GF)	\$8.99
412 -Sm.	Minestrone (GF) (V)	\$4.99
412 -Med.	Minestrone (GF) (V)	\$7.49
413 -Sm.	Split Pea and Ham (GF)	\$5.49
413 -Med.	Split Pea and Ham (GF)	\$8.49

Mon - Fri \$8.99

Same day delivery available

City Wide Delivery



Credit cards, Visa Debit, Cash or Cheques accepted.

Pre-ordered/pre-paid pick up available, storefront is closed.

Prices subject to change without notice.

(V) Symbol = Vegan
(GF) Symbol = Gluten Friendly

*All items produced in a facility containing wheat.

Additional information available online www.foodft.ca



www.foodft.ca
204 772-3663

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Fresh & Frozen Menu

Sandwiches ea. FRESH		COLD
7001	Tuna Sandwich	\$7.99
7002	Egg Sandwich	\$7.75
7003	Chicken Sandwich	\$7.99
7004	Ham Sandwich	\$7.99
7005	Salami Sandwich	\$7.89
7006	Vegetarian Sandwich	\$7.75

**Bagged lunches also available, ask us for details!*

Wraps ea. FRESH		COLD
7011	Tuna Wrap	\$8.49
7012	Egg Wrap	\$8.25
7013	Chicken Wrap	\$8.49
7014	Ham Wrap	\$8.49
7015	Salami Wrap	\$8.35
7016	Vegetarian Wrap	\$8.20
7017	Greek Wrap	\$8.25
7020	FFT Falafel (V)	\$8.49

Salads & Side Orders (serves 1-2)		COLD
7206-2 pc.	Dinner Buns w. Becel- 2 pcs.	\$2.69
7214-Mini	Caesar Salad	\$10.39
7217-Mini	Cheesy Caesar Salad	\$11.45
7220-Mini	Greek Salad (GF)	\$11.45
7223-Mini	Italian Tossed Salad (GF) (V)	\$10.39
7226-Mini	Orange Almond Salad (GF) (V)	\$11.45
7238-Mini	Strawberry Salad (GF)	\$11.45
7239-Mini	Gluten-Free Salad Platter (GF)	\$15.49

Cheese Platters FRESH (serves 3-4)		COLD
7240-Mini.	Cheese & Fruit (GF)	\$12.99
7241-Mini.	Cheese & Pickle (GF)	\$11.75
7242-Mini.	Cheese & Vegetable (GF)	\$12.49

Fruit-Veg Platters FRESH (serves 3-4)		COLD
7243-Mini.	Fruit Platter (GF)	\$11.49
7244-Mini.	Vegetable Platter (GF)	\$10.99
7245-Mini	Pickle Platter (GF)	\$9.75
7255-1/2lb.	Assorted Cracker tray (serves 8+)	\$7.49

Fresh Desserts		COLD
7612-ea.	Rice Krispie square	\$3.25
7613-ea.	Peanut Butter Confetti sq. (GF)	\$3.25
7614-ea.	Chocolate Puffed Wheat sq. (V)	\$3.25
7615-ea.	Banana Bread Slice	\$2.75
7616-ea.	Apple Jacks (each)	\$3.99

**PLUS - All Cookie Varieties & Dainties (prices online)*

Beverages		COLD
8002	Fresca 355.ml. can	\$1.59
8005	Root Beer Barq's 355ml. can	\$1.59
8006	Coca-Cola 355ml. can	\$1.59
8007	Coca-Cola Diet 355ml. can	\$1.59
8008	Sprite 355ml. can	\$1.59
8009	Sprite Zero 355ml. can	\$1.59
8010	Ginger Ale Canada Dry 355ml. can	\$1.59
8011	Ginger Ale Diet Canada Dry 355ml. can	\$1.59
8020	V8 Vegetable Cocktail Juice 340ml.	\$1.89
Seasonal 8019	Cranberry Ginger Ale 355ml. can	\$1.59
8022	Lemon Iced Tea 341 ml. can	\$1.89
8012	Bottled Water 500ml.	\$1.59
8025	Apple Juice Dole 341ml.	\$1.89
8026	Orange Juice Dole 341ml. can	\$1.89

Drink Combo Packs		COLD
8023	6 -Pack Juice & Pop Combo	\$9.99

1-Coke/1-Sprite/1-D. Coke/1-Apple J./1-Orange J./1-Iced T

8024	12-Pack Pack Juice/Pop Combo	\$19.99
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2-Coke/1-Sprite/1-D.Coke/1-GingerA/1-Fresca/2-Apple J/2-OJ/2 Ice T

8017	6 -Pack Assorted Soft Drink 355ml.	\$8.99
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1-Coke/ 1-Sprite/ 1-RootB./ 1-GingerA./ 1-D.Coke/ 1-SpriteZ.

8018	12 -Pack Assorted Soft Drink 355ml.	\$17.99
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2-Coke/ 2-Sp/ 1-RB/ 2-GingerA/ 2-D.Coke/ 1-Fres/ 1-SprZ/ 1-Diet Ginger

Customer Favorites		FROZEN
500 -5"	5 inch Ham Quiche	\$5.49
500 -9"	9 inch Ham Quiche (serves 4-5)	\$17.25
501 -5"	5 inch Hearty Vegetarian Quiche	\$5.49
501 -9"	9 inch Hearty Vegetarian Quiche	\$15.99
517 -5"	5 inch Chicken Quiche	\$5.49
518 -5"	5 in.Spinach & Mushroom Quiche	\$5.49
503 -5"	5 inch Chicken Pot Pie	\$6.49
503 -9"	9 inch Chicken Pot Pie (serves 4-5)	\$23.99
504 -6pc.	California Crab Cakes (6)	\$11.99
505 -6pc.	Potato Pancakes (GF)	\$10.25
506 -8pc.	Garden Veggie Bites (8) (V)	\$8.25
507 -4pc.	Garden Veggie Patties (4) (V)	\$10.25
508 -4pc.	Homestyle Beef Burgers (4)	\$12.49
512 -ea.	Beef Burrito (single)	\$7.25
513 -ea.	Chicken Burrito (single)	\$7.25
519 -ea.	Vegetarian Burrito (single)	\$7.25
516 -reg.	Hummus Dip 8oz. (GF) (V)	\$5.25
520 -ea.	Homemade Gravy 4oz.	\$1.65

1 KG.	Family Sized Meals (serves 3-4)	FROZEN
101 -1kg.	Vegetarian Lasagna	\$15.49
102 -1kg.	Chicken Lasagna	\$16.49
103 -1kg.	Beef Lasagna	\$16.99
106 -1kg.	Beef Chili w. Cheese (GF)	\$16.99
109 -1kg.	Macaroni & Cheddar Bake	\$14.49
110 -1kg.	Macaroni & Cheddar Bake w.Ham	\$15.49
113 -1kg.	Chicken Stew	\$14.75
116 -1kg.	Shepherd's Pie	\$18.25
117 -1kg.	Perogy Casserole	\$16.49
119 -1kg.	New! Sweet & Sour Meatballs	\$17.99
121 -1kg.	Beef Moussaka	\$17.25
126 -1kg.	Beef Stew	\$17.25
137 -1kg.	Meatballs & Gravy (15 meatballs)	\$17.99
138 -1kg.	Roast Turkey Dinner	\$17.25
139 -900 g.	Scalloped Potatoes <i>Flour Free!</i> (GF)	\$12.99

2.5 KG.	Party Sized Meals (serves 6-8)	FROZEN
103 -2.5kg.	Beef Lasagna	\$38.99
117 -2.5kg.	Perogy Casserole (Oct-Dec.)	\$37.99
135 -24pc.	Cabbage Rolls (24-pc.) (Oct.-Dec.)	\$35.49

Desserts FROZEN		FROZEN
650 - 5"	Prize Pumpkin Pie	\$5.25
656 - 5"	Sugar-Free Pumpkin Pie <i>*Date Sweetened</i>	\$5.25
657 - 5"	Blueberry Pie	\$6.25
649 - Mini	Real Whipped Cream (serves1-2)	\$1.65
649 - Med	Real Whipped Cream (serves4-6)	\$4.85
658 -1/2dz.	Butter Tarts	\$7.49
602 -ea.	Apple Crisp (serves 1-2)	\$6.25
604 -ea.	Rhubarb Strawberry Crisp (GF)	\$6.25
651 -ea.	Carrot Cake w/Cream Cheese Icing	\$6.25
605 -1/2dz.	Muffins (carrot, pumpkin,blue b. & lemon)	\$15.75
605 -1dz.	Muffins (carrot, pumpkin,blue b. & lemon)	\$30.49
607 -1/2dz.	Flourless Peanut Butter Cookies (GF)	\$6.75
607 -1dz.	Flourless Peanut Butter Cookies (GF)	\$12.99
609 -1/2dz.	Assorted Cookies 6-pcs.	\$6.75
609 -1dz.	Assorted Cookies 12-pcs.	\$12.99
611 -1/2dz.	Assorted Dainties 6-pcs.	\$8.25
611 -1dz.	Assorted Dainties 12-pcs.	\$15.99
612 -1/2dz.	Rice Krispie Squares	\$14.99
613 -1/2dz.	Peanut Butter Confetti Cakes (GF)	\$14.99
614 -1/2dz.	Chocolate Puffed Wheat Cake (V)	\$14.99
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$12.49
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$6.75
620 -1dz.	Snicker Doodle Sugar Cookies	\$12.99
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$6.75
621 -1dz.	Lemon Shortbread Cookies (V)	\$12.99
622 -ea.	Cinnamon Bun	\$2.99
622-1/2dz.	Cinnamon Buns	\$16.49

Oct.-Dec.	Frozen Seasonal Desserts	FROZEN
650 - 9"	Prize Pumpkin Pie	\$15.25
656 - 9"	Sugar-Free Pumpkin Pie <i>*Date Sweetened</i>	\$15.25
652 -1 dz.	Winter Holiday Cookies	\$13.99
653 -1/2 dz.	Ginger Molasses Cookies	\$6.75
653 -1 dz.	Ginger Molasses Cookies	\$12.99
659 -1/2 dz.	Pecan Tarts	\$7.75