



Feb. 25

Order online: www.foodft.ca / Call: 204 772-3663

Order Desk
Hours: 9-1 pm.

Frozen Food Menu

Customer Favorites			FROZEN	Desserts FROZEN			FROZEN
527 -2pc.	Pork & Vegetable Egg Rolls w.Plum sauce		\$5.49	650 - 5"	Prize Pumpkin Pie		\$7.15
503 -5"	5 inch Chicken Pot Pie		\$8.05	656 - 5"	Sugar-Free Pumpkin Pie <i>*Date Sweetened</i>		\$7.15
503 -9"	9 inch Chicken Pot Pie (serves 4-5)		\$28.65	657 - 5"	Blueberry Pie		\$7.65
536- 5"	Savory Beef Pot Pie		\$8.39	649 - Mini	Real Whipped Cream (serves1-2)	(GF)	\$2.19
506 -8pc.	Garden Veggie Bites (8)	(V)	\$9.95	649 - Med	Real Whipped Cream (serves4-6)	(GF)	\$6.29
507 -4pc.	Garden Veggie Patties (4)	(V)	\$11.95	658 -1/2dz.	Butter Tarts		\$10.45
508 -4pc.	Homestyle Beef Burgers (4)		\$14.25	602 -ea.	Apple Crisp (serves 1-2)		\$7.65
512 -ea.	Beef Burrito (single)		\$9.15	604 -ea.	Rhubarb Strawberry Crisp	(GF)	\$7.65
513 -ea.	Chicken Burrito (single)		\$9.15	651 -ea.	Carrot Cake w/Cream Cheese Icing		\$7.65
519 -ea.	Vegetarian Burrito (single)		\$9.15	668-ea.	Blueberry Cheesecake slice		\$6.29
515 -ea.	Chicken with Cream Brie (stuffed breast)		\$7.25	7612-ea.	Rice Krispie square		\$4.15
528 -ea..	Chicken Cordon Bleu (stuffed breast)		\$7.25	612 -1/2dz.	Rice Krispie Squares		\$22.55
Breakfast/Brunch			FROZEN	7613-ea.	Peanut Butter Confetti sq.	(GF)	\$4.15
500 -5"	5 inch Ham Quiche		\$7.25	613 -1/2dz.	Peanut Butter Confetti Cakes	(GF)	\$22.55
500 -9"	9 inch Ham Quiche (serves 4-5)		\$20.95	7614-ea.	Chocolate Puffed Wheat Square		\$4.15
501 -5"	5 inch Hearty Vegetarian Quiche		\$7.10	614 -1/2dz.	Chocolate Puffed Wheat Squares 6-pcs.		\$22.55
501 -9"	9 inch Hearty Vegetarian Quiche		\$19.85	7615-ea.	Banana Bread Slice		\$1.65
518 -5"	5 in.Spinach & Mushroom Quiche		\$7.10	615 -1/2dz.	Banana Bread Sliced 6-pcs.		\$9.49
523 -ea.	Bacon,Egg & Cheese Breakfast Sandwich		\$6.90	622 -ea.	Cinnamon Bun		\$4.15
524 -ea.	Sausage,Egg & Cheese Breakfast Sandwich		\$6.90	622-1/2dz.	Cinnamon Buns		\$22.55
526 -ea.	Hashbrown Patty		\$1.10	7616-ea.	Apple Jacks (each)		\$5.25
505 -6pc.	Potato Pancakes	(GF)	\$14.69	609 -1/2dz.	Assorted Cookies 6-pcs.		\$7.29
Pureed Meals			FROZEN	609 -1dz.	Assorted Cookies 12-pcs.		\$13.49
27180	Roast Pork *Pureed Meal* 250 gr.		\$6.90	621 -1/2dz.	Lemon Shortbread Cookies	(V)	\$7.29
27190	Roast Beef *Pureed Meal* 250 gr.		\$6.90	621 -1dz.	Lemon Shortbread Cookies	(V)	\$13.49
27179	Roast Chicken *Pureed Meal* 250 gr.		\$6.90	607 -1/2dz.	Flourless Peanut Butter Cookies	(GF)	\$7.29
28176	Roast Turkey *Pureed Meal* 250 gr.		\$6.90	607 -1dz.	Flourless Peanut Butter Cookies	(GF)	\$13.49
27185	Salmon *Pureed Meal* 250 gr.		\$6.90	653 -1/2dz.	Ginger Molasses Cookies		\$7.29
1 KG. Family Sized Meals (serves 3-4)			FROZEN	653 -1dz.	Ginger Molasses Cookies		\$13.49
101 -1kg.	Vegetarian Lasagna		\$21.99	625 -1/2dz.	Oatmeal Raisin Cookies		\$7.29
102 -1kg.	Chicken Lasagna		\$22.99	625 -1dz.	Oatmeal Raisin Cookies		\$13.49
103 -1kg.	Beef Lasagna		\$23.65	611 -1/2dz.	Assorted Dainties 6-pcs.		\$9.39
106 -1kg.	Beef Chili w. Cheese	(GF)	\$23.65	611 -1dz.	Assorted Dainties 12-pcs.		\$17.85
109 -1kg.	Macaroni & Cheddar Bake		\$20.75	A Variety or choice of: Chocolate cake, Lemon cake, Date square, Rice Krispie & Peanut Butter Confetti squares			
110 -1kg.	Macaroni & Cheddar Bake w.Ham		\$21.99	605 -ea.	Individual Muffin		\$2.59
113 -1kg.	Chicken Stew		\$21.05	605 -1/2dz.	Muffins Assorted		\$14.99
116 -1kg.	Shepherd's Pie		\$24.75	605 -1dz.	Muffins Assorted		\$28.99
117 -1kg.	Peroghy Casserole		\$22.99	A Variety or choice of: Bran, Blueberry or Chocolate Chip			
119 -1kg.	Sweet & Sour Meatballs		\$24.75	903-ea.	Caramel Pecan Pretzel Bar (70g.)		\$4.00
121 -1kg.	Beef Moussaka		\$23.99	904-ea.	Cookies & Cream Protein Bar	(GF)	\$4.00
126 -1kg.	Beef Stew		\$23.99	905-ea.	Peanut Butter Coconut Protein Bar		\$4.00
135 -900 g.	Cabbage Rolls (8-11pc.)	(V)	\$22.25	While quantities last Desserts!			
137 -1kg.	Meatballs & Gravy (15 meatballs)		\$24.75	659-1/2dz.	Pecan Tarts		\$11.29
138 -1kg.	Roast Turkey Dinner		\$23.99	661-5"	Raspberry Pie		\$7.85
139 -900 g.	Scalloped Potatoes <i>Flour Free!</i>	(GF)	\$17.85	654-ea.	Chocolate Zucchini Cake		\$7.65
213 -900 g.	NEW! Mashed Potatoes	(GF)	\$11.49	Beverages			
2.5 KG. Party Sized Meals (serves 6-8)			FROZEN	8006	Coca-Cola 355ml. can		\$1.25
103 -2.5kg.	Beef Lasagna		\$52.99	8027	Coca-Cola Zero (sugar free) 355ml.		\$1.25
117-2.5kg	Peroghy Casserole		\$51.35	8008	Sprite 355ml. can		\$1.25
135-24 pc.	Cabbage Rolls (24 pc.)	(V)	\$47.29	8028	Ginger Ale Zero (sugar free) 355ml.		\$1.25
Side Orders			FROZEN	8022	Lemon Iced Tea 355ml. can		\$1.35
206-2 pc.	Dinner Buns w. Becel- 2 pcs.		\$2.89	8025	Apple Juice 341ml.		\$1.35
206 -1/2dz.	Dinner Buns w. Becel		\$7.49	8026	Orange Juice 341ml. can		\$1.35
206 -1 dz.	Dinner Buns w. Becel		\$14.75	8029	Chocolate Protein Shake 414ml.		\$4.99
520 -ea.	Homemade Gravy 4 oz.		\$2.19	8030	Vanilla Protein Shake 414ml.		\$4.99
520 -ea.	Homemade Gravy 16 oz.		\$8.69				

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01. INDIVIDUAL FROZEN DINNERS		
101 -Indiv.	Vegetarian Lasagna	\$10.99
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv.	Chicken Lasagna	\$11.59
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv.	Beef Lasagna	\$11.59
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv.	Vegetarian Chili (GF)	\$10.75
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv.	Chicken Chili (GF)	\$11.59
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv.	Beef Chili (GF)	\$12.05
Bubbling Beef Chili topped with Cheese.		
107 -Indiv.	Sausage & Beans Dinner	\$12.20
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv.	Mushroom Alfredo Penne Pasta	\$10.75
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv.	Macaroni & Cheddar Bake	\$10.75
Real cheddar Cheese Sauce over tender Macaroni.		
110 -Indiv.	Mac & Cheddar Bake w. Ham	\$10.99
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv.	Italian Pasta w. Meat Sauce	\$11.59
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv.	Vegan Curry w. Basmati Rice (GF)	\$10.99
Vegetable & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv.	Chicken Stew	\$10.99
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv.	Chicken Curry w. Mild Sauce (GF)	\$12.25
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower.		
115 -Indiv.	Tuna Casserole Dinner	\$11.59
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv.	Shepherd's Pie	\$12.20
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv.	Peroghy Casserole	\$10.99
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv.	Peroghy Casserole & Cabbage Rolls	\$11.59
Succulent Cabbage rolls plus our Classic Peroghy Casserole.		
119 -Indiv.	Sweet & Sour Meatballs	\$11.85
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv.	Baked Meat Moussaka	\$11.85
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv.	Meatloaf & Mashed Potato Meal	\$11.85
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv.	Pork Stroganoff	\$11.70
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv.	Sweet & Sour Pork (GF)	\$11.70
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv.	Virginia Ham Dinner (GF)	\$11.85
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv.	Beef Stew	\$11.70
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv.	Japanese Chicken Wing Dinner (GF)	\$11.95
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		

128 -Indiv.	Baked Barbeque Chicken	\$12.35
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv.	Herb Roast Chicken Dinner	\$12.35
Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.		
130 -Indiv.	Beef Pot Roast Dinner (GF)	\$12.65
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		
132 -Indiv.	Salisbury Steak Dinner	\$11.95
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv.	Chicken Cacciatore	\$11.85
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv.	Louisiana-Style Pulled Pork (GF)	\$11.85
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn.		
135 -Indiv.	Cabbage Rolls (V)	\$11.70
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv.	Teriyaki Salmon Dinner (GF)	\$12.99
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv.	Meatballs & Gravy Dinner	\$11.85
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauté.		
138 -Indiv.	Roast Turkey Dinner	\$12.35
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv.	Scalloped Potatoes (GF)	\$10.10
Flour Free! Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		
140 -Indiv.	Paella (GF)	\$12.35
A Spanish rice dish with mild Chorizo sausage and Chicken		
141 -Indiv.	Chinese Orange Glazed Chicken	\$12.95
Baked breast in orange glaze w. Chow Mein noodles & Veg Fried Rice		
142 -Indiv.	Fish & Chips Dinner	\$12.99
2 Pieces of whole battered Cod w. Fries & tartar sauce *oven only		

FROZEN SOUP CONCENTRATE			
400 -Sm.	Beet Borscht (GF) (V)	\$6.75	
400 -Med.	Beet Borscht (GF) (V)	\$10.25	
401 -Sm.	French Farm (GF) (V)	\$6.75	
401 -Med.	French Farm (GF) (V)	\$10.25	
402 -Sm.	Beef Barley	\$7.86	
402 -Med.	Beef Barley	\$11.65	
403 -Sm.	Red Lentil with Apricot (GF) (V)	\$6.75	
403 -Med.	Red Lentil with Apricot (GF) (V)	\$10.25	
406 -Sm.	Light Chicken Vegetable (GF)	\$7.19	
406 -Med.	Light Chicken Vegetable (GF)	\$11.39	
407 -Sm.	Potato Bacon and Cheddar (GF)	\$7.19	
407 -Med.	Potato Bacon and Cheddar (GF)	\$11.39	
410 -Sm.	Broccoli Cheddar (GF)	\$6.75	
410 -Med.	Broccoli Cheddar (GF)	\$10.25	
411 -Sm.	Spaghetti (GF)	\$7.19	
411 -Med.	Spaghetti (GF)	\$11.39	
412 -Sm.	Minestrone (GF) (V)	\$6.75	
412 -Med.	Minestrone (GF) (V)	\$10.25	
413 -Sm.	Split Pea and Ham (GF)	\$7.19	
413 -Med.	Split Pea and Ham (GF)	\$11.39	

BONE BROTH SOUP		
414 -1 Litre	Bean & Bacon Bone Broth Soup	\$13.65

Our location does not provide walk-in service. All orders can placed online or by phone.

CITYWIDE DELIVERY \$10.99



Cheques accepted by courier, note \$1.00 return fee applies

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Hours: Tues - Fri 9 am.-5:30 pm.

All orders must be PRE-ORDERED.

Same day service available for Pick-up or Delivery.

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