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

01. Individual FROZEN Dinners
   101 - Indiv. Vegetarian Lasagna $6.49
   102 - Indiv. Chicken Lasagna $6.99
   103 - Indiv. Beef Lasagna $6.99
   104 - Indiv. Vegetarian Chili with Cheese $6.25
   105 - Indiv. Chicken Chili with Cheese $6.99
   106 - Indiv. Beef Chili with Cheese $7.39
   107 - Indiv. Sausage & Beans Dinner $7.49
   108 - Indiv. Creamy Mushroom Alfredo $6.25
   109 - Indiv. Macaroni & Cheddar Bake $6.25
   Cheddar Cheese Sauce over Tender Elbow Macaroni.
   110 - Indiv. Macaroni & Cheddar Bake w. Ham $6.49
   Our homemade Mac & Cheese with tender chunks of Honey Ham.
   112 - Indiv. Vegan Curry w. Basmati Rice $6.49
   113 - Indiv. Chicken Stew $6.49
   An Earthy and Chunky Stew served in a Rich Tomato Broth.
   114 - Indiv. Chicken Curry w. Basmati Rice $7.55
   Chicken Curry w. Basmati Rice, Cumin Potatoes & Cauliflower.
   115 - Indiv. Tuna Casserole $6.99
   Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.
   116 - Indiv. Shepherd's Pie $7.45
   Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.
   117 - Indiv. Perogy Casserole $6.49
   Fresh Pasta layered w. Sauerkraut & Cheddar Mashed Potatoes.
   118 - Indiv. Perogy Casserole & Cabbage Rolls $6.99
   Succulent Cabbage Rolls plus our Classic Perogy Casserole.
   119 - Indiv. Sweet & Sour Meatball Dinner $7.25
   Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.
   121 - Indiv. Beef Moussaka $7.25
   Our Delicious and Authentic Greek Casserole w. Lean Ground Beef.
   122 - Indiv. Meatloaf w. Tomato Sauce $7.25
   Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.
   123 - Indiv. Pork Stroganoff $7.20
   Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles.
   124 - Indiv. Sweet & Sour Pork $7.10
   Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.
   125 - Indiv. Baked Virginia Ham Dinner $7.25
   Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.
   126 - Indiv. Beef Stew $7.10
   Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.
   127 - Indiv. Japanese Chicken Wings $7.29
   Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.
   128 - Indiv. Barbeque Chicken Dinner $7.69
   Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn.
   129 - Indiv. Roast Herb Chicken Dinner $7.55
   Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.
   130 - Indiv. Beef & White Potato $8.25
   Flour Free Pan Fried, Potatoes, Roasted Parsnips, Carrots & Corn.

   132 - Indiv. Salisbury Steak Dinner $7.35
   With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.
   133 - Indiv. Chicken Cacciatore $7.25
   Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.
   134 - Indiv. Louisiana Pulled Pork $7.25
   Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn.
   135 - Indiv. Cabbage Rolls $7.10
   Rice & Sauerkraut Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.
   136 - Indiv. Teriyaki Salmon Dinner $8.15
   Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.
   137 - Indiv. Meatballs & Gravy Dinner $7.25
   Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauce.
   138 - Indiv. Roast Turkey Dinner $7.55
   With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.
   139 - Indiv. Scalloped Potatoes $5.75
   Flour Free Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.
   140- Indiv. NEW! Paella $7.99
   A Spanish rice dish with mild Chorizo sausage and Chicken.

02. FROZEN Family Sized Dinners (serves 3-4) $24.99
   101 - 1kg. Vegetarian Lasagna $14.49
   102 - 1kg. Chicken Lasagna $15.49
   103 - 1kg. Beef Lasagna $15.49
   104 - 1kg. Vegetarian Chili w. Cheese $12.99
   105 - 1kg. Chicken Chili w. Cheese $14.49
   106 - 1kg. Beef Chili w. Cheese $15.49
   108 - 1kg. Penne Mushroom Alfredo Pasta $13.49
   109 - 1kg. Macaroni & Cheddar Bake $13.49
   110 - 1kg. Macaroni & Cheddar Bake w. Ham $14.49
   111 - 1kg. Chicken Stew $13.99
   116 - 1kg. Shepherd's Pie $16.25
   117 - 1kg. Perogy Casserole $15.49
   121 - 1kg. Beef Moussaka $15.75
   126 - 1kg. Beef Stew $15.25
   137 - 1kg. Meatballs & Gravy $16.25
   138 - 1kg. Roast Turkey Dinner $16.25
   139 - 900g. Scalloped Potatoes $11.99
   Flour Free! Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.

03. FROZEN Party Sized Dinners (serves 6-8) $34.49
   102 - 2.5kg. Vegetarian Lasagna $34.49
   102 - 2.5kg. Chicken Lasagna $36.49
   103 - 2.5kg. Beef Lasagna $36.49
   104 - 2.5kg. Vegetarian Chili $31.49
   105 - 2.5kg. Chicken Chili $34.99
   106 - 2.5kg. Beef Chili $34.99
   108 - 2.5kg. Penne Mushroom Alfredo $33.49
   112 - 2.5kg. Vegan Curry $33.99
   113 - 2.5kg. Chicken Stew $34.49
   114 - 2.5kg. Chicken Curry $37.49
   116 - 2.5kg. Shepherd's Pie $37.49
   117 - 2.5kg. Perogy Casserole $36.49
   119 - 3dz. Sweet & Sour Meat Balls (3dz.) $31.49
   120 - 2.5kg. Vegetarian Moussaka $37.49
   121 - 2.5kg. Beef Moussaka $37.49
   126 - 2.5kg. Beef Stew $36.49
   135 - 2.5kg. Cabbage Rolls (2.5pc.) $34.49
   137 - 3dz. Meatballs & Gravy (3dz.) $31.49

For a list of Frozen Customer Favorites & Frozen Soup Concentrate, See back side of page.
4  FROZEN CUSTOMER FAVORITES

500 - 5"  5 inch Ham Quiche  $4.99
500 - 9"  9 inch Ham Quiche  $16.75
501 - 5"  5 inch Vegetarian Quiche  $4.99
501 - 9"  9 inch Vegetarian Quiche  $15.25
517 - 5"  5 inch Chicken Quiche  $4.99
517 - 9"  9 inch Chicken Quiche  $18.75
518 - 5"  5" Spinach & Mush. Quiche  $4.99
518 - 9"  9" Spinach & Mush. Quiche  $14.25
503 - 5"  5 inch Chicken Pot Pie  $5.99
503 - 9"  9 inch Chicken Pot Pie  $23.25
504 - 4pc. Crab Cakes (6)  $9.49
505 - 6pc. New Traditional Potato Pancakes  $7.49
507 - 4pc. Garden Veggie Bites  $9.49
508 - 4pc. Homestyle Beef Burgers  $10.49
512 - ea. Beef Burrito  $6.59
513 - ea. Chicken Burrito  $6.49
519 - ea. Veggie & Cheese Burrito  $6.49
514 - 1dz. Garlic Bread  $8.75
515 - ea. Cream Brie Apple Chicken  $5.99
516 - 8oz. Hummus  $4.99
520 - ea. Homemade Gravy  $1.35

6  DESSERTS

602 - ea. Apple crisp  $5.49
604 - ea. Rhubarb Strawberry Crisp  $5.49
651 - ea. Carrot Cake w/ Cream Cheese Icing  $5.49
ea. Individual Yogurt - Assorted Flavors  $1.89
606 - 1/2dz. Muffins 6-pcs.  $14.49
607 - 1/2dz. Muffins 12-pcs.  $28.49
607 - 1/2dz. Flourless Peanut Butter Cookies  $5.99
607 - 1/2dz. Flourless Peanut Butter Cookies  $11.99
609 - 1/2dz. Assorted Cookies 6-pcs.  $5.99
609 - 1/2dz. Assorted Cookies 12-pcs.  $11.99
611 - 1/2dz. Dainties 6-pcs.  $7.49
613 - 1/2dz. Peanut Butter Confetti Cakes  $13.99
615 - 1/2dz. Banana Bread Sliced 6-pcs.  $11.49
620 - 1/2dz. Snicker Doodle Sugar Cookies  $5.99
620 - 1/2dz. Snicker Doodle Sugar Cookies  $11.99
621 - 1/2dz. Lemon Shortbread Cookies  $5.99
621 - 1/2dz. Lemon Shortbread Cookies  $11.99
622 - ea. Cinnamon Bun  $2.49
622 - 1dz. Cinnamon Buns  $14.49

650 - 5"  Prize Pumpkin Pie  $4.49
650 - 9"  Prize Pumpkin Pie  $14.99
656 - 5"  Sugar Free Pumpkin Pie  $4.49
656 - 9"  Sugar Free Pumpkin Pie  $14.99
657 - 5"  Blueberry Pie  $5.49
657 - 9"  Blueberry Pie  $21.49
649 - Mini Real Whipped Cream (serves 1-2)  $1.35
649 - Med. Real Whipped Cream (serves 8-8)  $4.25
658 - 1/2dz. Butter Tarts  $6.75

5  FROZEN SOUP CONCENTRATE

400 - Sm. Beet Borscht  $4.25
400 - Med. Beet Borscht  $6.75
401 - Sm. French Farm  $4.25
401 - Med. French Farm  $6.75
402 - Sm. Beef Barley  $4.75
402 - Med. Beef Barley  $7.75
403 - Sm. Red Lentil with Apricot  $4.25
403 - Med. Red Lentil with Apricot  $6.75
406 - Sm. Light Chicken Vegetable  $4.75
406 - Med. Light Chicken Vegetable  $7.75
407 - Sm. Potato Bacon and Cheddar  $4.75
407 - Med. Potato Bacon and Cheddar  $7.75
408 - Sm. Pumpkin  $4.25
408 - Med. Pumpkin  $6.75
409 - Sm. Classic Tomato  $4.25
409 - Med. Classic Tomato  $6.75
410 - Sm. Broccoli Cheddar  $4.25
410 - Med. Broccoli Cheddar  $6.75
411 - Sm. Spaghetti  $4.75
411 - Med. Spaghetti  $7.75
412 - Sm. Minestrone  $4.25
412 - Med. Minestrone  $6.75
413 - Sm. Split Pea and Ham  $4.75
413 - Med. Split Pea and Ham  $7.75

*Prices subject to change without notice.

Credit cards, cash or cheques accepted. Interac in store only.

Monday-Friday $8.99
Same day delivery

City Wide Delivery

Registered meal provider with Veterans Affairs!

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