



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

Frozen Food Menu

01. Individual FROZEN Dinners

101 -Indiv	Vegetarian Lasagna	\$6.99
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv	Chicken Lasagna	\$7.49
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv	Beef Lasagna	\$7.49
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv	Vegetarian Chili with Cheese	\$6.75
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv	Chicken Chili with Cheese	\$7.49
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv	Beef Chili with Cheese	\$7.89
Bubbling Beef Chili topped with Cheese.		
107 -Indiv	Sausage & Beans Dinner	\$7.99
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv	Creamy Mushroom Alfredo	\$6.75
Sautéed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv	Macaroni & Cheddar Bake	\$6.75
Cheddar Cheese Sauce over Tender Elbow Macaroni.		
110 -Indiv	Macaroni & Cheddar Bake w. Ham	\$6.99
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv	Italian Pasta w. Meat Sauce	\$7.49
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv	Vegan Curry w. Basmati Rice V	\$6.99
Vegetables & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv	Chicken Stew	\$6.99
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv	Chicken Curry w. Basmati Rice	\$8.05
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower		
115 -Indiv	Tuna Casserole	\$7.49
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv	Shepherd's Pie	\$8.19
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv	Peroghy Casserole	\$6.99
Fresh Pasta layered w. Sautéed Onion & Cheddar Mashed Potatoes		
118 -Indiv	Peroghy Casserole & Cabbage rolls	\$7.49
Succulent Cabbage rolls plus our Classic Peroghy Casserole.		
119 -Indiv	Sweet & Sour Meatball Dinner	\$7.75
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv	Beef Moussaka	\$7.75
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv	Meatloaf w. Tomato Sauce	\$7.75
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv	Pork Stroganoff	\$7.69
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv	Sweet & Sour Pork	\$7.59
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv	Baked Virginia Ham Dinner	\$7.75
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv	Beef Stew	\$7.59
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv	Japanese Chicken Wings	\$7.79
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		
128 -Indiv	Barbeque Chicken Dinner	\$8.19
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv	Roast Herb Chicken Dinner	\$8.05
Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.		
130 -Indiv	Beef Pot Roast	\$8.99
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		

132 -Indiv	Salisbury Steak Dinner	\$7.85
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv	Chicken Cacciatore	\$7.75
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv	Louisiana Pulled Pork	\$7.75
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv	Cabbage Rolls	\$7.59
Rice & Sautéed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv	Teriyaki Salmon Dinner	\$8.65
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv	Meatballs & Gravy Dinner	\$7.75
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauté		
138 -Indiv	Roast Turkey Dinner	\$8.05
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv	Scalloped Potatoes	\$6.25
Flour Free! Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		
140 -Indiv	NEW! Paella	\$8.49
A Spanish rice dish with mild Chorizo sausage and Chicken		
141 -Indiv	NEW! Chinese Orange Chicken	\$8.29
Baked breast in orange glaze w. Chow Mein Noodles & Veg Fried Rice		
02. FROZEN Family Sized Dinners (serves 3-4) 1kg.		
101 -1kg.	Vegetarian Lasagna	\$14.99
102 -1kg.	Chicken Lasagna	\$15.99
103 -1kg.	Beef Lasagna	\$16.49
104 -1kg.	Vegetarian Chili w. Cheese	\$13.49
105 -1kg.	Chicken Chili w. Cheese	\$14.99
106 -1kg.	Beef Chili w. Cheese	\$16.49
108 -1kg.	Penne Mushroom Alfredo Pasta	\$13.99
109 -1kg.	Macaroni & Cheddar Bake	\$13.99
110 -1kg.	Macaroni & Cheddar Bake w. Ham	\$14.99
113 -1kg.	Chicken Stew	\$14.25
116 -1kg.	Shepherd's Pie	\$17.75
117 -1kg.	Peroghy Casserole	\$15.99
121 -1kg.	Beef Moussaka	\$16.75
126 -1kg.	Beef Stew	\$16.75
137 -1kg.	Meatballs & Gravy	\$17.75
138 -1kg.	Roast Turkey Dinner	\$16.75
139 -900 g.	Scalloped Potatoes Flour Free!	\$12.49
03. FROZEN Party Sized Dinners (serves 6-8) 2.5kg.		
101 -2.5kg.	Vegetarian Lasagna	\$35.49
102 -2.5kg.	Chicken Lasagna	\$37.49
103 -2.5kg.	Beef Lasagna	\$38.49
104 -2.5kg.	Vegetarian Chili	\$32.49
105 -2.5kg.	Chicken Chili	\$35.99
106 -2.5kg.	Beef Chili	\$37.99
108 -2.5kg.	Penne Mushroom Alfredo	\$34.49
112 -2.5kg.	Vegan Curry V	\$34.99
113 -2.5kg.	Chicken Stew	\$34.99
114 -2.5kg.	Chicken Curry	\$38.49
116 -2.5kg.	Shepherd's Pie	\$40.99
117 -2.5kg.	Peroghy Casserole	\$37.49
119 -3dz.	Sweet & Sour Meat Balls (3dz.)	\$34.49
120 -2.5kg.	Vegetarian Moussaka	\$37.99
121 -2.5kg.	Beef Moussaka	\$38.99
126 -2.5kg.	Beef Stew	\$39.25
135 -24pc.	Cabbage Rolls (24-pc.)	\$34.99
137 -3dz.	Meatballs & Gravy (3dz.)	\$34.49

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

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Frozen Food Menu

4 FROZEN CUSTOMER FAVORITES		
500 -5"	5 inch Ham Quiche	\$5.25
500 -9"	9 inch Ham Quiche	\$16.99
501 -5"	5 inch Vegetarian Quiche	\$5.25
501 -9"	9 inch Vegetarian Quiche	\$15.75
517 -5"	5 inch Chicken Quiche	\$5.25
517 -9"	9 inch Chicken Quiche	\$16.99
518 -5"	5" Spinach & Mush. Quiche	\$5.25
518 -9"	9 inch Spinach & Mush. Quiche	\$15.75
503 -5"	5 inch Chicken Pot Pie	\$6.25
503 -9"	9 inch Chicken Pot Pie (serves 4-5)	\$23.75
504 -6pc.	Crab Cakes (6)	\$11.49
505 -6pc.	New Traditional Potato Pancakes	\$9.75
506 -8pc.	Garden Veggie Bites (8) (V)	\$7.75
507 -4pc.	Garden Veggie Patties (4) (V)	\$9.75
508 -4pc.	Homestyle Beef Burgers (4)	\$12.25
512 -ea.	Beef Burrito (single)	\$6.75
513 -ea.	Chicken Burrito (single)	\$6.75
519 -ea.	Veggie & Cheese Burrito	\$6.75
514 -1dz.	Garlic Bread (12 pc.)	\$8.99
516 -sm.	Hummus 8 oz. (V)	\$4.99
520 -ea.	Homemade Gravy 4oz.	\$1.45
6 DESSERTS		
602 -ea.	Apple Crisp	\$5.75
604 -ea.	Rhubarb Strawberry Crisp <i>Flour Free</i>	\$5.75
651 -ea.	Carrot Cake w/ Cream Cheese Icing	\$5.75
ea.	Individual Yogurt - Assorted Flavors	\$1.89
605 -1/2dz.	Muffins 6-pcs.	\$14.99
605 -1dz.	Muffins 12-pcs.	\$29.49
607 -1/2dz.	Flourless Peanut Butter Cookies	\$6.25
607 -1dz.	Flourless Peanut Butter Cookies	\$12.25
609 -1/2dz.	Assorted Cookies 6-pcs.	\$6.25
609 -1dz.	Assorted Cookies 12-pcs.	\$12.25
611 -1/2dz.	Dainties 6-pcs.	\$7.75
611 -1dz.	Dainties 12-pcs.	\$15.25
612 -1/2dz.	Rice Krispie Squares	\$14.25
613 -1/2dz.	Peanut Butter Confetti Cakes	\$14.25
614 -1/2dz.	Chocolate Puffed Wheat Cakes (V)	\$14.25
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$11.75
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$6.25
620 -1dz.	Snicker Doodle Sugar Cookies	\$12.25
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$6.25
621 -1dz.	Lemon Shortbread Cookies (V)	\$12.25
622 -ea.	Cinnamon Bun	\$2.59
622 -1/2dz.	Cinnamon Buns	\$14.99

650 - 5"	Prize Pumpkin Pie	\$4.75
656 - 5"	Sugar Free Pumpkin Pie	\$4.75
657 - 5"	Blueberry Pie	\$5.75
649 - Mini	Real Whipped Cream (serves 1-2)	\$1.45
649 - Med.	Real Whipped Cream (serves 6-8)	\$4.35
658 -1/2dz.	Butter Tarts	\$6.99
659 -1/2dz.	Pecan Tarts (seasonal)	\$7.25
652 -1 dz.	Winter Holiday Cookies (seasonal)	\$13.25
653 -1/2dz.	Ginger Cookies (seasonal)	\$6.25
653 -1 dz.	Ginger Cookies (seasonal)	\$12.25
5 FROZEN SOUP CONCENTRATE		
400 -Sm.	Beet Borscht (V)	\$4.49
400 -Med.	Beet Borscht (V)	\$6.99
401 -Sm.	French Farm (V)	\$4.49
401 -Med.	French Farm (V)	\$6.99
402 -Sm.	Beef Barley	\$5.25
402 -Med.	Beef Barley	\$8.49
403 -Sm.	Red Lentil with Apricot (V)	\$4.49
403 -Med.	Red Lentil with Apricot (V)	\$6.99
406 -Sm.	Light Chicken Vegetable	\$4.99
406 -Med.	Light Chicken Vegetable	\$7.99
407 -Sm.	Potato Bacon and Cheddar	\$4.99
407 -Med.	Potato Bacon and Cheddar	\$7.99
408 -Sm.	Pumpkin (V)	\$4.49
408 -Med.	Pumpkin (V)	\$6.99
409 -Sm.	Classic Tomato (V)	\$4.49
409 -Med.	Classic Tomato (V)	\$6.99
410 -Sm.	Broccoli Cheddar	\$4.49
410 -Med.	Broccoli Cheddar	\$6.99
411 -Sm.	Spaghetti	\$5.25
411 -Med.	Spaghetti	\$8.49
412 -Sm.	Minestrone (V)	\$4.49
412 -Med.	Minestrone (V)	\$6.99
413 -Sm.	Split Pea and Ham	\$4.99
413 -Med.	Split Pea and Ham	\$7.99

*Prices subject to change without notice.



Credit cards, Visa Debit, Cash or Cheques accepted.
Pre-ordered/pre-paid pick up available, storefront is closed.

(V) Symbol = Vegan

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.