



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

Frozen Food Menu

Side Orders		FROZEN
7206-2 pc.	Dinner Buns w. Becel- 2 pcs.	\$2.89
206 -1/2dz.	Dinner Buns w. Becel	\$7.49
206 -1 dz.	Dinner Buns w. Becel	\$14.75
Desserts FROZEN		FROZEN
650 - 5"	Prize Pumpkin Pie	\$5.99
656 - 5"	Sugar-Free Pumpkin Pie <i>*Date Sweetened</i>	\$5.99
657 - 5"	Blueberry Pie	\$6.99
649 - Mini	Real Whipped Cream (serves1-2)	\$1.99
649 - Med	Real Whipped Cream (serves4-6)	\$5.75
658 -1/2dz.	Butter Tarts	\$8.99
602 -ea.	Apple Crisp (serves 1-2)	\$6.99
604 -ea.	Rhubarb Strawberry Crisp (GF)	\$6.99
651 -ea.	Carrot Cake w/Cream Cheese Icing	\$6.99
605 -1/2dz.	Muffins (carrot, pumpkin,blue b. & lemon)	\$17.75
605 -1dz.	Muffins (carrot, pumpkin,blue b. & lemon)	\$34.49
607 -1/2dz.	Flourless Peanut Butter Cookies (GF)	\$7.49
607 -1dz.	Flourless Peanut Butter Cookies (GF)	\$13.99
609 -1/2dz.	Assorted Cookies 6-pcs.	\$7.49
609 -1dz.	Assorted Cookies 12-pcs.	\$13.99
611 -1/2dz.	Assorted Dainties 6-pcs.	\$8.99
611 -1dz.	Assorted Dainties 12-pcs.	\$16.99
7612-ea.	Rice Krispie square	\$3.75
612 -1/2dz.	Rice Krispie Squares	\$19.99
7613-ea.	Peanut Butter Confetti sq. (GF)	\$3.75
613 -1/2dz.	Peanut Butter Confetti Cakes (GF)	\$19.99
7614-ea.	Chocolate Puffed Wheat sq. (V)	\$3.75
614 -1/2dz.	Chocolate Puffed Wheat Cake (V)	\$19.99
7615-ea.	Banana Bread Slice	\$3.25
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$13.99
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$7.49
620 -1dz.	Snicker Doodle Sugar Cookies	\$13.99
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$7.49
621 -1dz.	Lemon Shortbread Cookies (V)	\$13.99
622 -ea.	Cinnamon Bun	\$3.75
622-1/2dz.	Cinnamon Buns	\$19.99
7616-ea.	Apple Jacks (each)	\$4.99
Seasonal Special Desserts		
658 -1/2dz.	Pecan Tarts	\$9.99
652 -1dz.	Winter Holiday Cookies	\$14.99
650 - 9"	Prize Pumpkin Pie	\$16.99
Beverages		
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
8012	Bottled Water 500ml.	\$1.59
8025	Apple Juice 341ml.	\$2.35
8026	Orange Juice 341ml. can	\$2.35
Drink Combo Packs		
8023	6 -Pack Juice & Pop Combo	\$11.49

1-Coke/1-Sprite/1-D. Coke/1-Apple J./2-Orange J.

8024	12-Pack Pack Juice/Pop Combo	\$22.99
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2-Coke/1-Sprite/1-D.Coke/1-GingerA/1-Fresca/3-Apple J/3-OJ

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	\$6.25
500 -9"	9 inch Ham Quiche (serves 4-5)	\$18.75
501 -5"	5 inch Hearty Vegetarian Quiche	\$6.25
501 -9"	9 inch Hearty Vegetarian Quiche	\$17.49
517 -5"	5 inch Chicken Quiche	\$6.25
518 -5"	5 in. Spinach & Mushroom Quiche	\$6.25
503 -5"	5 inch Chicken Pot Pie	\$6.99
503 -9"	9 inch Chicken Pot Pie (serves 4-5)	\$25.49
505 -6pc.	Potato Pancakes (GF)	\$12.99
506 -8pc.	Garden Veggie Bites (8) (V)	\$8.99
507 -4pc.	Garden Veggie Patties (4) (V)	\$10.99
508 -4pc.	Homestyle Beef Burgers (4)	\$12.99
512 -ea.	Beef Burrito (single)	\$7.99
513 -ea.	Chicken Burrito (single)	\$7.99
519 -ea.	Vegetarian Burrito (single)	\$7.99
516 -reg.	Hummus Dip 8oz. (GF, V)	\$5.75
520 -ea.	Homemade Gravy 4oz. (GF, V)	\$1.99
515 -ea.	Chicken with Cream Brie (stuffed breast)	\$6.49
NEW ITEMS!		
521 -5"	5 in. Greek Quiche	\$6.49
522 -5"	5 inch Pizza Quiche	\$6.49
523 -ea.	Bacon,Egg & Cheese Breakfast Sandwich	\$5.99
524 -ea.	Sausage,Egg & Cheese Breakfast Sandwich	\$5.99
525 -ea.	Hashbrown Patty	.99 c
414 - 1 L.	Bean & Bacon Bone Broth Soup	\$11.99
1 KG. Family Sized Meals (serves 3-4)		FROZEN
101 -1kg.	Vegetarian Lasagna	\$17.99
102 -1kg.	Chicken Lasagna	\$18.99
103 -1kg.	Beef Lasagna	\$19.49
106 -1kg.	Beef Chili w. Cheese (GF)	\$19.49
109 -1kg.	Macaroni & Cheddar Bake	\$16.99
110 -1kg.	Macaroni & Cheddar Bake w.Ham	\$17.99
113 -1kg.	Chicken Stew	\$17.25
116 -1kg.	Shepherd's Pie	\$20.75
117 -1kg.	Perogy Casserole	\$18.99
119 -1kg.	New! Sweet & Sour Meatballs	\$20.49
121 -1kg.	Beef Moussaka	\$19.75
126 -1kg.	Beef Stew	\$19.75
135 -900 g	Cabbage Rolls (8-11pc.)	\$18.99
137 -1kg.	Meatballs & Gravy (15 meatballs)	\$20.49
138 -1kg.	Roast Turkey Dinner	\$19.75
139 -900 g	Scalloped Potatoes Flour Free! (GF)	\$15.49
2.5 KG. Party Sized Meals (serves 6-8)		FROZEN
103 -2.5kg	Beef Lasagna	\$44.49
117-2.5kg	Perogy Casserole	\$42.99
135-24 pc	Cabbage Rolls (24 pc.)	\$39.99

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

Nov. 22

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

Frozen Food Menu

01. INDIVIDUAL FROZEN DINNERS

101 -Indiv.	Vegetarian Lasagna	\$9.10
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv.	Chicken Lasagna	\$9.59
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv.	Beef Lasagna	\$9.59
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv.	Vegetarian Chili (GF)	\$8.85
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv.	Chicken Chili (GF)	\$9.59
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv.	Beef Chili (GF)	\$9.99
Bubbling Beef Chili topped with Cheese.		
107 -Indiv.	Sausage & Beans Dinner	\$10.10
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv.	Mushroom Alfredo Penne Pasta	\$8.85
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv.	New! Macaroni & Cheddar Bake	\$8.85
New & Improved! Cheddar Cheese Sauce over tender Macaroni.		
110 -Indiv.	New! Mac & Cheddar Bake w. Ham	\$9.10
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv.	Italian Pasta w. Meat Sauce	\$9.59
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv.	Vegan Curry w. Basmati Rice (GF)	\$9.10
Vegetable & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv.	Chicken Stew	\$9.10
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv.	Chicken Curry w. Mild Sauce (GF)	\$10.15
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower.		
115 -Indiv.	Tuna Casserole Dinner	\$9.59
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv.	Shepherd's Pie	\$10.29
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv.	Peroghy Casserole	\$9.10
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv.	Peroghy Casserole & Cabbage Rolls	\$9.59
Succulent Cabbage rolls plus our Classic Peroghy Casserole.		
119 -Indiv.	Sweet & Sour Meatballs	\$9.85
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv.	Baked Meat Moussaka	\$9.85
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv.	Meatloaf & Mashed Potato Meal	\$9.85
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv.	Pork Stroganoff	\$9.79
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv.	Sweet & Sour Pork (GF)	\$9.69
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv.	Virginia Ham Dinner (GF)	\$9.85
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv.	Beef Stew	\$9.69
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv.	Japanese Chicken Wing Dinner (GF)	\$9.89
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		

128 -Indiv.	Baked Barbeque Chicken	\$10.29
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv.	Herb Roast Chicken Dinner	\$10.15
Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.		
130 -Indiv.	Beef Pot Roast Dinner (GF)	\$10.49
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		
132 -Indiv.	Salisbury Steak Dinner	\$9.95
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv.	Chicken Cacciatore	\$9.85
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv.	Louisiana-Style Pulled Pork (GF)	\$9.85
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv.	Cabbage Rolls (V)	\$9.69
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv.	Teriyaki Salmon Dinner (GF)	\$10.99
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv.	Meatballs & Gravy Dinner	\$9.85
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Saute		
138 -Indiv.	Roast Turkey Dinner	\$10.15
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv.	Scalloped Potatoes (GF)	\$8.35
Flour Free! Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		
140 -Indiv.	Paella (GF)	\$10.49
A Spanish rice dish with mild Chorizo sausage and Chicken		
141 -Indiv.	Chinese Orange Glazed Chicken	\$10.75
Baked breast in orange glaze w. Chow Mein noodles & Veg Fried Rice		

FROZEN SOUP CONCENTRATE

400 -Sm.	Beet Borscht (GF) (V)	\$5.85
400 -Med.	Beet Borscht (GF) (V)	\$8.99
401 -Sm.	French Farm (GF) (V)	\$5.85
401 -Med.	French Farm (GF) (V)	\$8.99
402 -Sm.	Beef Barley	\$6.85
402 -Med.	Beef Barley	\$10.25
403 -Sm.	Red Lentil with Apricot (GF) (V)	\$5.85
403 -Med.	Red Lentil with Apricot (GF) (V)	\$8.99
406 -Sm.	Light Chicken Vegetable (GF)	\$6.25
406 -Med.	Light Chicken Vegetable (GF)	\$9.99
407 -Sm.	Potato Bacon and Cheddar (GF)	\$6.25
407 -Med.	Potato Bacon and Cheddar (GF)	\$9.99
408 -Sm.	Pumpkin (GF) (V)	\$5.85
408 -Med.	Pumpkin (GF) (V)	\$8.99
409 -Sm.	Classic Tomato (GF) (V)	\$5.85
409 -Med.	Classic Tomato (GF) (V)	\$8.99
410 -Sm.	Broccoli Cheddar (GF)	\$5.85
410 -Med.	Broccoli Cheddar (GF)	\$8.99
411 -Sm.	Spaghetti (GF)	\$6.25
411 -Med.	Spaghetti (GF)	\$9.99
412 -Sm.	Minestrone (GF) (V)	\$5.85
412 -Med.	Minestrone (GF) (V)	\$8.99
413 -Sm.	Split Pea and Ham (GF)	\$6.25
413 -Med.	Split Pea and Ham (GF)	\$9.99

City Wide Delivery

Tues - Fri \$12.99



Credit cards & Visa Debit Accepted

Cash/Chq. accepted by couriers, note: \$1.00 return fee applies

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

Pre-ordered pick up available, storefront is closed.

Order Desk Hours: Tues-Fri 9 am.-1 pm.

Orders can be placed anytime at www.foodft.ca or by calling our order desk 204-772-3663.