



## **INDIVIDUALLY PRE-MADE MEALS !**

Ready to Pop in the Oven or Microwave !

**ONLY \$9.99 Each ! \***

Taxes Extra \* Delivery \$7.50 (min. order – 10 Meals)

### **SOUPS - 32 oz**

Chicken	Roasted Fall Vegetables	Cream Corn
Carrot Ginger	Mexican Tortilla	Curry Cauliflower
Leek & Potato	Italian Wedding	Minestrone

### **MAINS**

Beef Bourguignon with Pearl Onions & Red Wine  
With Mashed Potatoes & Vegetables

Seasoned Roast Beef, Sliced with Demi Glace  
With Mashed Potatoes & Vegetables

Sweet & Sour Meatballs in Saucy Tomato, with Rice & Vegetables

Hearty Meat Lasagna

Momma's Traditional Shepherd's Pie

Hearty Meat Chili with Rice

Grain-Fed Chicken Breast Boneless with Café Au Lait Sauce  
With Mashed Potatoes & Vegetables

Maple Glazed Chicken Legs (2) with Rice & Vegetables

Chicken Cacciatore in Oregano Tomato Sauce, with Rice & Vegetables

Caribbean Curry Chicken Mild, Sweet & Spicy, with Rice & Vegetables

Mustard Crust Roasted Pork Loin, Sliced, au Jus  
With Mashed Potatoes & Vegetables

Greek Souvlaki (off stick) with Rice & Vegetables

Hearty Veggie Chili with Rice

Curry Chickpeas with Palao Rice

Lentil Ratatouille with Mediterranean Rice

Hearty Veggie Lasagna