



NAME: _____

PHONE: _____

ADDRESS: _____

DELIVERY WEEK: _____

ENTREES

- 101 ___ Cheese Omelette ♡♣
- 104 ___ Honey Nut Cheerios♦
- 201 ___ Bangers and Mash♡♣
- 202 ___ Beef Stew
- 204 ___ Swiss Steak♡♥
- 205 ___ Liver and Onions
- 207 ___ Salisbury Steak♥
- 208 ___ Cabbage Roll
- 209 ___ Beef Stroganoff♥
- 210 ___ Chicken a la King
- 211 ___ Breaded Veal Cutlet♣♥
- 212 ___ Meatloaf♣
- 213 ___ Roast Pork Loin
- 214 ___ Roast Turkey
- 215 ___ Pork Medallions
- 216 ___ Chicken Divan
- 217 ___ Pot Roast
- 218 ___ Honey-Mustard Ham♣
- 219 ___ Shepherd's Pie
- 221 ___ Chicken Nuggets♥♦
- 222 ___ Boneless BBQ Ribs
- 223 ___ Boneless Pork Chop
- 225 ___ BBQ Chicken
- 226 ___ Swedish Meatballs♣
- 227 ___ Italian Sausage Penne♣♥
- 301 ___ Baked Lemon Herb Fish♥
- 302 ___ Salmon Fillet
- 303 ___ Fish and Chips♦
- 304 ___ Tuna Casserole
- 305 ___ Fish Florentine♥
- 306 ___ Fillet of Sole ♥

- 401 ___ Sweet and Sour Chicken♦
- 402 ___ Teriyaki Chicken
- 403 ___ Sweet and Sour Pork♦
- 404 ___ Sweet+Sour Chicken Balls♣
- 405 ___ Honey Garlic Ribs♣♣
- 501 ___ Spaghetti and Meatballs♣♥
- 502 ___ Lasagna♣
- 503 ___ Chicken Cacciatore♥
- 504 ___ Chicken Alfredo♦
- 602 ___ Macaroni and Cheese♥
- 603 ___ Vegetarian Lasagna♣
- 701 ___ Beef Pot Pie♣♦♥
- 702 ___ Chicken Pot Pie♣♦♥

SOUPS

- S-1 ___ French Onion♣
- S-2 ___ Chicken Noodle
- S-3 ___ Beef Barley
- S-4 ___ Hearty Vegetable
- S-5 ___ Minestrone
- S-6 ___ Cream of Broccoli
- S-7 ___ Cream of Mushroom
- S-8 ___ Cream of Potato/Leek
- S-9 ___ Cream of Carrot
- S-10 ___ Cream of Celery
- S-11 ___ Cream of Tomato
- S-12 ___ Cream of Chicken/Veg.
- S-13 ___ N.E. Clam Chowder♣♥
- S-14 ___ Steak + Potato Soup♣

Side Salads

- 801 ___ Chicken Caesar♥
- 802 ___ Ham Salad♥

Packed in our 8 oz. soup container and priced the same as a soup or dessert

DESSERTS

- D-1 ___ Deep Dutch Brownie♥♦
- D-2 ___ Caramel Apple Crumble♣♥♦
- D-3 ___ Date Square♦♥
- D-4 ___ Nanaimo Bar♣♣♥
- D-5 ___ Carrot Cake♥
- D-6 ___ Chocolate Fudge Cake♥
- D-8 ___ Banana Split Cake♥♦
- D-10 ___ Buttertart♥♦
- D-11 ___ Rice Pudding
- D-12 ___ Chocolate Pudding♣♦♥
- D-13 ___ Butterscotch Pudding♣♦♥
- D-14 ___ Cherry Crisp♦♥
- D-15 ___ Peach Cobbler♣
- D-16 ___ Cheese Cake
- D-18 ___ Apple Streusel Cake
- D-19 ___ Fruit Cocktail
- D-20 ___ Bread Pudding♣
- D-21 ___ Black Forest Cake♥
- D-22 ___ Maple Mousse Cake♥
- D-23 ___ Lemon Pound Cake♣♥
- D-24 ___ Pecan Streusel Cake♥
- D-25 ___ Lemon Cranberry Muffin♦♥

NOT SUITABLE FOR:

- ♣ Salt Free Diet
- ♦ Diabetic Diet
- ♥ Low Fat

revised: May 1, 2008