

## **Prepared Food Products**

***All of our prepared food products come frozen. There is no HST on frozen products.***

### **Cooked Meats**

**All of our cooked meats are done on the bbq . The gravy and sauces used are not gluten free. Each of these items can be purchased in a 1 lb, 2 lb or 6 lb size.**

Beef in Gravy (**\$9.99 /lb.**)  
Pulled Pork (**\$7.99 /lb.**)  
Bnls Pork Loin in Gravy (**\$7.99/lb.**)  
Bnls Chicken Breast in Gravy (**\$8.99/lb.**)  
Bnls Turkey in Gravy (**\$8.99/lb.**)  
Beef Brisket (**\$10.99 /lb.**)

### **Other Cooked Meat Products**

Black Forest Ham Steak - **Approx. \$3.50 per steak**  
BBq'd Chicken ½'s - **\$6.95 each**  
Full slab of BBq'd Back Ribs - **\$21.95**  
Full slab of BBq'd St. Louis Ribs - **\$20.00**

### **TV Dinners for the Microwave**

**Our tv dinners are fully cooked and very hearty. They come with meat, mashed potatoes and vegetables. Pop the lid...put gently back on the tray and microwave for 10 to 12 minutes. That simple. All TV dinners are \$9.95 each. (Many seniors tell us one dinner is enough for two meals)**

Roast Beef  
Meat Loaf  
Pulled Pork  
Bnls Pork Loin  
Ham with Pineapple Sauce  
Farmers Sausage  
Cabbage Rolls  
Back Ribs  
Bnls Chicken Breast  
BBq Chicken  
Bnls Turkey

### **Choice of Vegetables for TV Dinners**

Baby Carrots	Baked Beans
Sliced Carrots	Green Beans
Peas and Carrots	Corn
Mixed Vegetables	Green / Yellow Bean / Carrot Medley
Creamed Corn	

**Meat Pies**

Our meat pies are very meaty and make a hearty meal.  
The cost is **\$4.95 each or \$4.50 for 10 or more.**

Beef  
Chicken  
Turkey  
Hamburger

**Shepherd's Pies**

**We carry three different Shepherd's Pies**

Hearty Beef and Mushroom Shepherd's Pie

Mixed Veggie Shepherd's Pie

Cottage Style Shepherd's Pie

1 lb. size - **\$6.95**

2 lb. size - **\$12.95**

**Hearty Beef Lasagna**

1 lb. size - **\$12.95**

2 lb. size - **\$21.95**

6 lb. size - **\$39.95**

**Vegetarian Lasagna**

1 lb. size - **\$10.95**

2 lb. size - **\$19.95**

6 lb. size - **\$39.95**

**Tuscan Chicken Pasta Bake**

1 lb. size - **\$6.95**

2 lb. size - **\$13.95**

**Chicken Parmesan Casserole**

1 lb. size - **\$8.95**

2 lb. size - **\$16.95**

**Chicken Spaghetti**

1 lb. size - **\$7.95**

2 lb. size - **\$15.95**

**Ham, Potato and Broccoli Casserole**

1 lb. size - **\$6.95**

2 lb. size - **\$13.95**

**Mac and Cheese**

1 lb. size - **\$5.95**

2 lb. size - **\$11.95**

**Cabbage Roll Casserole**

1 lb. size – **\$6.95**  
2 lb. size – **\$12.95**

**Bowtie Pasta Chicken Alfredo Bake**

1 lb. size - \$6.95  
2 lb. size - \$12.95

**Cabbage Rolls**

Classic Style Pkg of 3 - \$5.95, Pkg of 5 - \$9.95, Pkg of 7 - \$13.95  
Jumbo Cabbage Rolls Pkg of 2 - \$5.95, Pkg of 3 - \$8.95

**Meat Loaf**

3 slices per container **\$9.95**  
4 slices per container **\$12.95**

**Chili**

1 lb. size - **\$6.95**  
2 lb. size – **\$12.95**

**Vegetarian Chili**

1 lb. size - **\$4.95**  
2 lb. size - **\$8.95**

**Sloppy Joe**

1 lb. size - **\$6.95**  
2 lb. size - **\$12.95**

**Baked Beans**

1 lb. size – **\$3.95**  
2 lb. size - **\$6.95**

**Soups**

Country Harvest Squash **1 lb - \$3.95, 2 lb - \$6.95**  
Leek and Potato **1 lb - \$4.95, 2 lb. - \$8.95**  
Vegetables and Meatball **1 lb - \$4.95, 2 lb. - \$8.95**  
Hamburger and Bell Pepper **1 lb - \$4.95, 2 lb. - \$8.95**  
Cabbage and Hamburger **1 lb - \$4.95, 2 lb. - \$8.95**  
Cabbage with Beef and Veggies **1 lb - \$4.95, 2 lb. - \$8.95**  
Split Pea and Ham **1lb - \$4.95, 2 lb - \$8.95**  
Cauliflower, Chicken and Wild Rice **1 lb - \$4.95, 2 lb. - \$8.95**  
Creamy Cauliflower **1 lb - \$3.95, 2 lb. - \$6.95**  
Wicked White Chili with Chicken **1 lb - \$4.95, 2 lb - \$8.95**  
Beef Barley Soup **1 lb. - \$4.95, 2 lb. - \$8.95**  
Chicken Noodle Soup **1 lb. - \$4.95, 2 lb. - \$8.95**