



Bruderheim Ag Society



Information & Volunteer Centre
FOR STRATHCONA COUNTY

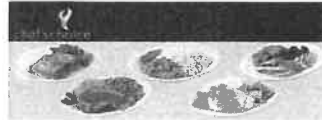
Date _____ Phone _____

Name _____

Address _____

City/Prov/P.C _____

FROZEN MEALS MENU from



BEEF

- _____ Classic Meatloaf with mushroom gravy, mashed sweet potatoes and peas \$4.50
- _____ Roast beef with gravy, garlic-mashed potatoes and mashed carrot-turnip \$6.00
- _____ Shepherd's pie with carrots and peas \$4.50
- _____ Shepherd's pie GLUTEN FREE \$7.00
- _____ Beef stew with mashed potatoes and corn \$5.00
- _____ Salisbury steak with gravy, sauteed onions, roasted potatoes and cauliflower \$4.50
- _____ Beef stir-fry bowl \$5.00
- _____ Lasagna with cauliflower and green beans \$4.50
- _____ Spaghetti and meatballs with carrots and corn \$4.50
- _____ Spaghetti Bolognaise GLUTEN/LACTOSE FREE \$7.00
- _____ Ukrainian duo of perogies, cabbage roll, peas and carrots \$4.50
- _____ Spicy beef stew with rice, carrots and turnips HALAL \$6.00

SEAFOOD

- _____ Crab-topped salmon with carrots, peas and pearl onions \$6.00
- _____ Pesto Salmon with rice and broccoli \$5.00
- _____ Cod with dill sauce with rice pilaf and peas and carrots \$4.50
- _____ Pesto shrimp linguine bowl \$5.00

BREAKFAST

- _____ Pancakes with pork sausage and hash browns \$4.50
- _____ Bacon, egg and cheese on an English muffin \$3.00

POULTRY

- _____ Mushroom chicken with mashed potatoes and sunrise vegetables \$4.50
- _____ BBQ chicken with cornbread muffin and peas \$4.50
- _____ Roasted turkey with gravy, stuffing, mashed potatoes, peas and pearl onions \$6.00
- _____ Rosemary chicken with roasted potatoes and mashed carrot-turnip \$5.00
- _____ Chicken stir-fry bowl \$5.00
- _____ Chicken cordon bleu with garlic-mashed potatoes and PEI mix vegetables \$6.00
- _____ Butter chicken bowl \$6.00
- _____ Mint and cilantro chicken with yellow rice and cauliflower \$5.00
- _____ Sweet curry chicken HALAL \$6.00
- _____ Bombay chicken GLUTEN/LACTOSE FREE \$7.00
- _____ Chicken cacciatore GLUTEN/LACTOSE FREE \$7.00

PORK

- _____ Roasted pork with gravy, apple stuffing, roasted sweet potatoes and broccoli \$5.00
- _____ Ham with pineapple sauce with scalloped potatoes and green beans \$5.00
- _____ BBQ ribs with potato wedges and green beans \$5.00
- _____ Sweet and sour pork bowl \$5.00

VEGGIE

- _____ Mac 'n' Cheese bowl with broccoli florets
VEGETARIAN \$4.50
- _____ Vegetable stew **HALAL VEGAN** \$5.00
- _____ Curried lentil casserole **HALAL VEGAN** \$5.00
- _____ Split pea casserole **HALAL VEGAN** \$5.00

- _____ tomato curry with yellow rice and lentil stew
VEGETARIAN \$5.00
- _____ Chana masala bowl curried chickpeas in tomato
Indian sauce with yellow rice and broccoli
VEGAN \$5.00

- _____ Layered enchilada with Mexican rice and
broccoli **VEGETARIAN** \$5.00
- _____ Palak makai spinach and sweet corn with yellow
rice and lentil stew **VEGAN** \$5.00
- _____ Vegetable shepherd's pie **GLUTEN/LACTOSE**
FREE \$7.00
- _____ Chickpea & Ginger **HALAL** \$6.00

EXTRAS

- _____ Lentil stew (Dahl) **VEGAN** \$3.00
- _____ Beef Gravy \$1.00
- _____ Turkey Gravy \$1.00
- _____ Chocolate meal replacement drink \$1.50
- _____ Strawberry meal replacement drink \$1.50
- _____ Vanilla meal replacement drink \$1.50

SAMPLER PACK

- _____ Five meals for the price of four! Try our sampler pack including our lasagna, meatloaf, beef stew, mushroom chicken and roasted pork meals for only \$20.00

SOUP

- _____ Beef and Barley \$2.00
- _____ Beef and Vegetable \$2.00
- _____ Borscht **VEGAN** \$2.00
- _____ Chicken noodle \$2.00
- _____ Country vegetable **VEGAN** \$2.00
- _____ Cream of broccoli **VEGETARIAN** \$2.00
- _____ Cream of mushroom **VEGETARIAN** \$2.00
- _____ Split pea and ham \$2.00

SWEETS

- _____ Banana muffin \$0.95
- _____ Blueberry muffin **DIABETIC** \$0.95
- _____ Carrot muffin \$0.95
- _____ Raisin bran muffin **DIABETIC** \$0.95
- _____ Strawberry cream cake \$2.00
- _____ Date square \$0.95
- _____ Nanaimo bar \$0.95
- _____ Chocolate chip cookie **DIABETIC** \$5.00/dozen
- _____ Oatmeal raisin cookie **DIABETIC** \$5.00/dozen
- _____ Peabutter cookie **NUT FREE** \$5.00/dozen

TOTAL



is a depot for



Edmonton
meals on wheels
Helping Elders, and You

providing



frozen meals