





Menu Selection for Week of Feb 24th to Mar 1st

Choose the meals you’d like, in the portions you’d like:




For delivery on Monday February 24th:

	Chicken breast stuffed with Spinach, Mushroom and Caramelized Onion, served with roasted potato and green peas	___ x Small ___ x Medium ___ x Large ___ x Couple
	Lasagna made with fresh pasta, layered in a hearty meat sauce	___ x Small ___ x Medium ___ x Large ___ x Couple

For delivery on Wednesday February 26th:

	Hearty Beef Stew with baby potatoes and carrots	___ x Small ___ x Medium ___ x Large ___ x Couple
	Salmon with dill sauce and lemon risotto	___ x Small ___ x Medium ___ x Large ___ x Couple

For delivery on Friday February 28th:

	Eggplant Parmesan. A lightly breaded eggplant smothered in marinara sauce and topped with mozzarella. Served with grilled veggies.	___ x Small ___ x Medium ___ x Large ___ x Couple
	Salisbury steak with gravy, mashed potatoes and carrots	___ x Small ___ x Medium ___ x Large ___ x Couple
	Maple glazed ham with scalloped potatoes and corn nibletts	___ x Small ___ x Medium ___ x Large ___ x Couple

Each Small is \$13, Medium is \$15, Large is \$18, Couple is \$25. Note that 13% HST will be added to your total.

Name(s): _____

Address: _____

Phone Number: _____ Email address: _____

Payment option: ___ eTransfer ___ Credit Card ___ Cash

-----FOLD, TEAR AWAY AND KEEP-----

Meals Ordered for Week of Feb 24th to March 1st

Delivery Date	Meal	Quantity	Size
Monday Feb 24 th	Stuffed chicken with potato & green peas	0 1 2	S M L C
Monday Feb 24 th	Beef lasagna	0 1 2	S M L C
Wednesday Feb 26 th	Beef Stew with potatoes and carrots	0 1 2	S M L C
Wednesday Feb 26 th	Salmon with lemon risotto	0 1 2	S M L C
Friday Feb 28 th	Eggplant Parmesan with grilled veggies.	0 1 2	S M L C
Friday Feb 28 th	Salisbury steak with potatoes and carrots	0 1 2	S M L C
Friday Feb 28 th	Ham with potato and corn nibletts	0 1 2	S M L C