



## Frozen Meal Menu

How to order:

Pick up at 3439 Fulton Ave, Smithers

Call 250 847 4820.

\*Ask about our delivery program

\*Please let us know any allergies and we will do our best to provide alternatives.

\*Please note all prices **include GST**.

Menu Item	Ingredients	Cost Per Serve	Order
Shepherd's Pie	Lean ground beef, potato, onion, carrot, celery, peas, corn, garlic, stock, Worcestershire sauce, milk, butter.	\$4.50	
Chicken Chow Mein	Skinless chicken breast, wheat noodles, cabbage, carrot, broccoli, mushroom, celery, green onion, garlic, stock, oyster sauce, soy sauce, honey, corn starch.	\$3.70	
Pork Dinner	Pork, potato, broccoli, carrots, bread crumbs, peas, corn, gravy, milk, butter, pepper.	\$4.25	
Sweet and Sour Pork	Pork, rice, carrots, celery, onion, pineapple, bell pepper, GF sweet and sour sauce, corn starch, sesame seeds.	\$4.20	
Cabbage Rolls	Beef, rice, cabbage, onions, celery, peppers, tomatoes, bacon and spices.	\$3.75	
Beef Stew	Beef steak, potato, carrot, turnip, parsnip, squash, onion, stock, garlic, herbs.	\$3.90	
Tyson's Famous Meatloaf	Lean ground beef, zucchini, carrots, potato, onions, broccoli, garlic, celery, stuffing, mushroom soup, eggs, milk, butter, gravy.	\$4.25	
Bangers and Mash	Rudolf's pork bratwurst, potato, broccoli, carrots, milk, butter, gravy.	\$4.20	
Mac N Cheese <b>V</b>	Macaroni, cauliflower, cheddar, milk, butter, flour.	\$2.25	
Chicken Alfredo	Skinless chicken breast, fettuccini, broccoli, milk, parmesan cheese, butter, flour.	\$3.80	
Chicken Enchiladas	Skinless chicken breast, beans, flour tortilla, cheddar, bell pepper, crushed tomato, onion, garlic, jalapeno pepper, spices.	\$3.80	
Chad's Killer Chili	Lean ground beef, zucchini, carrot, beans, tomato, celery, onions, garlic, spices.	\$3.90	
Broccoli Cheddar Soup <b>V</b>	Broccoli, milk, stock, potato, onion, cheddar.	\$3.20	
Meat Lasagna	Lean ground beef, crushed tomato, pasta sheets, mushroom, bell pepper, carrot, zucchini, celery, onion, garlic, cottage cheese, cheddar, tomato paste, herbs.	\$4.70	
Momma's Spaghetti	Pasta, beef, crushed tomatoes, carrots, zucchini, peppers, mushrooms, garlic, onions, herbs, parmesan	\$4.60	
Apple Berry Crisp <b>V</b>	Apples, berries, oats, butter, flour, sugar.	\$2.95	
Roasted Chicken Dinner	Roasted thigh, mashed potatoes, carrots, broccoli, gravy, seasoning, flour	\$4.60	
Brownies	Butter, egg, sugar, vanilla, coco, flour, salt	\$2.95	
Waffles and sausage	Flour, egg, apple sauce, butter milk, sugar, berries, Rudolf's sausage.	\$3.50	
Swedish Meatballs	Lean ground beef, panko, eggs, spices, flour, butter, cream, stock, peas, mushrooms, rice	\$4.20	
<b>GF</b> Ham and Scallop Potatoes	Baked Ham, veggie mix, potatoes, milk, butter, onions, gluten free flour, salt and pepper	\$3.90	

**Delivery Cost:** \$5 per delivery in Smithers, \$7 to Telkwa and \$10 to Houston and Moricetown. The more meals you buy, the more you save! **V - Vegetarian**

**\*Many meals are made Gluten Free, just ask!**