

# FROZEN MENU



St. Albert Seniors Association



Edmonton meals on wheels  
feeding body and soul™

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Pickup or Delivery \_\_\_\_\_

(Min. Order for Delivery is \$21.00) \_\_\_\_\_

Delivery Date: \_\_\_\_\_

Total of Order: \_\_\_\_\_

**Orders for Friday delivery must be received in our office by noon (12PM) on Tuesday the previous week.**

**To order, call 780-459-0433**

\*items and prices subject to change

## beef

	<b>Classic Meatloaf</b> with mushroom gravy, mashed sweet potatoes and peas	<b>\$7.00</b>
	<b>Shepherd's Pie</b> with carrots and peas	<b>\$7.00</b>
	<b>Salisbury Steak</b> with gravy, sauteed onions, roasted potatoes and cauliflower	<b>\$7.00</b>
	<b>Beef and Spinach Lasagna</b> with cauliflower and french beans	<b>\$7.00</b>
	<b>Spaghetti and Meatballs</b> with carrots and corn	<b>\$7.00</b>
	<b>Beef Stew</b> with mashed potatoes and corn	<b>\$7.00</b>
	<b>Beef Stir-fry Bowl</b> with mixed peppers	<b>\$7.00</b>
	<b>Roast Beef</b> with gravy, garlic mashed potatoes, and carrot-turnip mash	<b>\$7.00</b>

## poultry

	<b>Mushroom Chicken</b> with mashed potatoes and sunrise vegetables	<b>\$7.00</b>
	<b>Roasted Chicken</b> with Gravy and cheesy potatoes, peas, and red pepper	<b>\$7.00</b>
	<b>Fresh Herb Baked Chicken Thighs</b> with yellow rice and cauliflower	<b>\$7.00</b>
	<b>Chicken Stir-fry Bowl</b> with mixed peppers	<b>\$7.00</b>
	<b>Chicken Cordon Bleu</b> with garlic mashed potatoes and PEI mix vegetables	<b>\$7.00</b>
	<b>Roasted Turkey</b> with gravy, stuffing, mashed potatoes, peas, and pearl onions	<b>\$7.00</b>
	<b>Turkey Pot Pie</b> a savoury blend of turkey and vegetables in homemade gravy	<b>\$7.00</b>

## seafood



	<b>Cod with Dill Sauce</b> with rice pilaf and peas and carrots	<b>\$7.00</b>
	<b>Pesto Salmon</b> with rice and broccoli	<b>\$7.00</b>
	<b>Baked Salmon</b> with Herb Butter with wild rice pilaf and honey yellow carrots	<b>\$7.00</b>

## pork



	<b>Roasted Pork Loin</b> with gravy, apple stuffing, roasted sweet potatoes and broccoli	<b>\$7.00</b>
	<b>Ham with Cranberry Apricot Sauce</b> with scalloped potatoes and brussels sprouts topped with caramelized onion	<b>\$7.00</b>
	<b>BBQ Pork Riblets</b> with potato wedges and green beans	<b>\$7.00</b>

## veggie



	<b>Vegetarian Stroganoff</b> served over egg noodles with brussels sprouts <b>VEGETARIAN</b>	<b>\$7.00</b>
	<b>Chickpea and Tomato Curry</b> with yellow rice and broccoli <b>VEGAN</b>	<b>\$7.00</b>
	<b>Sweet Corn and Spinach Casserole</b> with yellow rice and lentil stew <b>VEGAN</b>	<b>\$7.00</b>

## extras

	<b>Loaded Stuffed Baked Potato</b>	<b>\$2.00</b>
	<b>Yorkshire Pudding</b>	<b>2 for \$1.50</b>
	<b>Beef Gravy</b>	<b>\$1.00</b>
	<b>Turkey Gravy</b>	<b>\$1.00</b>
	<b>Chocolate Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Strawberry Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Vanilla Ensure® Protein Plus</b>	<b>\$2.00</b>
	<b>Wild Berry Glucerna®</b> <b>DIABETIC FRIENDLY</b>	<b>\$2.00</b>

## soup



	<b>Beef and Barley</b>	<b>\$3.00</b>
	<b>Cheeseburger</b>	<b>\$3.00</b>
	<b>Split Pea and Ham</b>	<b>\$3.00</b>
	<b>Chicken Noodle</b>	<b>\$3.00</b>
	<b>Loaded Baked Potato</b>	<b>\$3.00</b>
	<b>Cream of Broccoli</b> <b>VEGETARIAN</b>	<b>\$3.00</b>
	<b>Borscht</b> <b>VEGAN</b>	<b>\$3.00</b>

## breakfast



	<b>Bacon, Egg, and Cheese</b> on an English muffin	<b>\$3.75</b>
	<b>Pancakes</b> with sausages and hash browns	<b>\$7.00</b>
	<b>Breakfast Bowl</b> hashbrowns with scrambled egg, bacon & cheese	<b>\$7.00</b>

## halal



	Chickpea and Ginger Casserole	\$8.50
	Curried Lentil Casserole	\$8.50
	Spicy Beef Stew	\$8.50
	Sweet Curry Chicken	\$8.50

## gluten-free



	Apple Braised Pork	\$8.50
	Beef and Vegetable Casserole	\$8.50
	Herbed Chicken with mushroom gravy	\$8.50
	Pot Roast	\$8.50

## sweets



	Multigrain and Fruit Muffin	\$1.00
	Banana Muffin	\$1.00
	Carrot Muffin	\$1.00
	Raisin Bran Muffin	\$1.00
	Strawberry Cream Cake	\$2.50
	Triple Chocolate Cake	\$2.50
	Nanaimo Bar	\$1.00
	Oatmeal Raisin Cookie	\$5.00/ dozen
	Chocolate Chip Cookie	\$5.00/ dozen

## pureed



	Macaroni and Cheese	\$5.00
	Beef Stroganoff	\$5.00
	Turkey a la King	\$5.00
	Old Fashioned Beef	\$5.00
	Roast Beef	\$5.00
	Lemon Chicken	\$5.00
	Roast Chicken	\$5.00
	Roast Turkey	\$5.00
	Roast Pork	\$5.00
	BBQ Pork	\$5.00
	Whitefish Newburg	\$5.00
	Honey Ham	\$5.00