

Finely Minced COMPLETE DINNER MENU (soup, entrée & dessert) for \$7.00

<i>BREAKFAST</i>		
650	Sausage and Eggs with Hash Browns and Brown Beans	\$5.00
651	Ham and Eggs with Hash Browns and Brown Beans	\$5.00
652	Spinach Florentine Omelette with Hash Browns	\$5.00
653	Pancakes and Sausage with Maple Syrup	\$5.00
654	French Toast with Ham	\$5.00
655	Oatmeal	\$2.75
<i>SIDE DISHES</i>		
889	Fruit Lax	\$3.75
976	Apple Juice (200ml x5 pack)	\$3.75
977	Orange Juice (200ml x5 pack)	\$3.75

SOUPS

481	Beef & Barley
482	Homemade Vegetable
484	French Pea
485	Cream of Mushroom
486	Cauliflower
488	Cream of Tomato

ENTRÉES

581	Poached Cod Loin with parsley potatoes and broccoli
593	Tuna Casserole with peas and carrots
583	Grilled Salmon with scalloped potatoes and peas
584	Chicken à la King with white rice, peas and carrots
591	Chicken Supreme with whipped potatoes and carrots
585	Chicken Cacciatore with whipped potatoes and squash
594	Bangers and Mash with whipped turnips and carrots
586	Roast Turkey with scalloped potatoes and squash
587	Roast Beef with whipped potatoes and peas
595	Swiss Steak with whipped potatoes and broccoli
596	Beef Noodle Casserole with peas and carrots
592	Meat Loaf with whipped potatoes and broccoli
597	Beef Stroganoff with peas and carrots
589	Pineapple Ham with whipped potatoes and squash
590	Roast Pork with whipped potatoes and carrots

DESSERTS

681	Fruit Cocktail
682	Apple Sauce
684	Peach Puree
685	Pear Puree
689	Tapioca Pudding
690	Chocolate Mousse
691	Strawberry Mousse
688	Rhubarb and Vanilla

Carb.	Protein	Fat	Calories
13.6 g	4.1 g	2.0 g	86.9
10.4 g	3.8 g	1.1 g	69.0
17.2 g	8.0 g	1.2 g	109.4
14.0 g	6.9 g	8.4 g	156.9
14.5 g	3.0 g	6.0 g	124.0
18.0 g	1.9 g	0.9 g	85.2

Carb.	Protein	Fat	Calories
34.2 g	31.3 g	2.2 g	283.3
31.0 g	19.1 g	9.9 g	291.9
43.3 g	26.6 g	11.6 g	386.3
27.4 g	16.6 g	10.9 g	268.9
19.4 g	26.3 g	11.6 g	286.3
22.0 g	23.7 g	7.1 g	244.0
12.0 g	15.0 g	24.0 g	410.0
46.0 g	28.4 g	10.9 g	400.5
15.1 g	39.0 g	11.1 g	324.7
44.0 g	23.0 g	10.0 g	340.0
9.0 g	14.0 g	5.0 g	220.0
28.3 g	26.4 g	23.2 g	402.2
9.0 g	14.0 g	5.0 g	220.0
60.4 g	28.7 g	7.0 g	419.7
13.0 g	26.3 g	8.8 g	241.8

Carb.	Protein	Fat	Calories
33.3 g	0 g	0 g	140.1
27.0 g	0 g	0 g	105.8
25.0 g	0 g	0 g	102.9
36.2 g	0 g	0 g	144.7
17.0 g	5.0 g	0 g	90.0
0.02 g	8.0 g	1.0 g	6.0
0.02 g	9.0 g	1.0 g	6.0
9.0 g	1.6 g	1.2 g	51.0

Every effort has been made to ensure that our finely minced meals are well blended. However, we cannot guarantee that every meal is completely lump-free.

(menu subject to change without notice)