

Drinks \$1.75

- 100 - Coke
- 101 - Diet Coke
- 102 - Ginger Ale
- 103 - Root beer
- 104 - Ice Tea
- 105 - 7up
- 106 - Bottle Water

Juice \$2.50

- 107 - Orange
- 108 - Pink Grapefruit
- 109 - Apple
- 110 - Cranberry
- 111 - V8
- 112 - 5-Alive

Condiments \$2.00

- 220 - Gravy
- 222 - Horseradishes
- 223 - Cranberry
- 224 - Sour Cream

Soup \$3.25

- 212 - Cream Less Tomato - with 5 vegetables ♥
- 213 - Split Pea and Ham
- 214 - Butternut Squash
- 215 - NEW - Wonton Soup - shrimp
- 216 - Beef Barley
- 217 - Chicken Noodle
- 218 - Thai Curry Chicken
- 219 - Seafood Chowder

Breakfast Items \$5.25

- 610 - Breakfast Platter - western omelet with sausages and hash browns \$6.00
- 611 - Continental Breakfast - assorted baked items

Individual Meals \$5.00

- 302 - NEW - Cornish Pastry pie - made with lean ground beef
- 303 - Twice Baked Potato - sour cream, bacon, cheese and green onion
- 304 - NEW - Egg Rolls - pork and cabbage
- 504 - Chicken Pot Pie

Individual Meals \$6.25

- 401 - Spaghetti and Meatballs
- 402 - Spinach and Cheese Cannelloni
- 403 - Beef Cannelloni
- 404 - Lasagna - meat and cheese
- 405 - Mushroom Risotto
- 406 - Southern Fried Chicken Wings - honey garlic sauce on the side
- 407 - Chicken Fingers - plum sauce on the side
- 408 - Macaroni & Cheese - probably the best mac & cheese in this world

Heart Smart Meals ♥

- 412 - Lime and Pepper Pork Ribs
- 413 - Pepper Steak Stew
- 414 - Chicken Chow Mein
- 416 - NEW - Sweet & Sour Pork
- 417 - NEW - Chicken & Dumplings
- 418 - Hungarian Chicken - chicken thighs in a creamy sour cream, paprika sauce with steamed carrot garnish
- 420 - Thai Curry Prawns
- 421 - Steak Chili when our chili couldn't get any better, we used steak ♥
- 425 - NEW - Chicken Alfredo - with penne pasta
- 426 - NEW - Shrimp Fried Rice
- 500 - Shepherds Pie
- 501 - NEW - Butter Chicken - on basmati rice
- 515 - Chicken Enchilada -2 - melt in your mouth with 3 cheeses
- 516 - Sweet & sour Meatballs

Pizza \$6.25

- 508 - Meat Lovers - ham, pepperoni and Italian sausage
- 509 - Deluxe - pepperoni, black olives, mushroom, green pepper and onion
- 510 - Hawaiian - ham, bacon and pineapple
- 512 - Mediterranean - goat cheese, roasted red peppers, artichokes, olives and red onion
- 521 - NEW - Clubhouse Pizza - with turkey, bacon, spinach, tomato, onion

Entrees \$7.25

- 503 - Baked Ham - scalloped potatoes and peas
- 505 - Liver and Onions - roasted potatoes and buttered rutabaga/carrots
- 506 - Salisbury Steak - topped with sherry mushroom sauce, roasted potatoes and peas/carrots
- 507 - Roast Beef - mash potatoes and steamed broccoli
- 601 - Chicken Parmesan - spaghetti and buttered carrots
- 602 - Meatloaf - with macaroni and cheese corn
- 603 - Pork Chop - in mushroom gravy with duchess potato and banana squash
- 604 - Roast Chicken - topped with a roasted garlic, white wine, basil sauce, roasted potatoes and mixed vegetable

- 605 - Southern Fried Chicken - fried potatoes and buttered corn
- 606 - Cabbage Rolls and Perogies
- 607 - Bangers and Mash - two beef sausages with mashed potatoes and peas
- 612 - Mediterranean Chicken - stuffed chicken with goat cheese, roasted red peppers and basil, with rice and seasonal vegetables

Entrees \$8.25

- 700 - Casalinga 2lb Lasagna
- 701 - Veal Cutlets - with mashed potatoes and mixed vegetables
- 703 - Roast Turkey - white and dark meat on top of stuffing with mashed potatoes and brussel sprouts
- 804 - NEW - BBQ Baby Back Ribs - with baked beans and corn

Entrees \$8.50

- 801 - Stuffed Sole Filet - crab, shrimp and scallops with rice pilaf and green beans
- 802 - Teriyaki Salmon - with grilled pineapple

Hungry Man Meals \$15.00

- 807 - 8oz Prime Rib - slow roasted to rare with Yorkshire Pudding and mashed potatoes
- 900 - BBQ Chicken and Ribs - baked beans and corn bread
- 901 - Braised Short Ribs - with roasted root vegetables and red potatoes
- 911 - NEW - Whole Rotisserie Chicken - fresh not frozen

Family Size Meals \$15.00

- 913 - Shepherd's Pie
- 914 - Sweet and Sour Meatballs on rice
- 918 - Spaghetti and Meatballs
- 919 - Spinach and Cheese Cannelloni
- 921 - Cabbage Rolls
- 922 - Seafood Lasagna

Family Size Meals \$20.00

- 912 - Fried Chicken
- 915 - NEW - Southern Fried Chicken Wings - with choice of sauce, hot or honey garlic
- 916 - NEW - Lime and pepper ribs - great for a party or game night

NEW - No Carb \$7.00

(Unmedicated 100% organic)

- 001 - Curry Lamb - on quinoa
- 002 - Mediterranean Lasagna - layered with eggplant, and zucchini with a vegetable tomato sauce
- 003 - Stuffed Peppers - colored pepper with lean ground beef, mushroom and onion
- 004 - Thai Chicken Stir-Fry - on a bed of quinoa
- 005 - Chicken Fondue Bake - topped with sauté mushrooms, bacon & a slice of Swiss cheese
- 006 - Baby Back Ribs - braised with cabbage
- 007 - 1/4 Rotisserie Chicken - brined & slow roasted
- 008 - Chicken Cacciatore - over spaghetti squash
- 009 - Buffalo Chicken - topped with fresh blue cheese on braised celery and carrot sticks
- 010 - Turkey Meatballs - with diced colored peppers and ricotta cheese
- 011 - Bacon Mushroom Cheddar Burger - no bun
- 012 - 5oz Cod Loin - with a lemon caper sauce
- 013 - Organic Corned Beef - cabbage & carrots
- 014 - Basa Filet - topped with an orange ginger asparagus stir-fry

NEW - No Carb \$10.00

- 015 - Crab Stuffed Portobello Mushroom - fresh Dungeness crab with a bit of cream cheese
- 016 - Arctic Char - grilled and topped with a mango salsa
- 017 - Stuffed Flank Steak - Prosciutto, spinach, basil, Romano cheese, roasted pepper
- 018 - Duck à l'orange - marinated in Grand Marnier
- 019 - Beef Bourguignon - tender pieces of beef in the best red wine reduction

Dessert \$3.50 (includes all taxes)

- 202 - Chocolate Fudge Brownie
- 204 - Butter Tarts (2)
- 205 - Tiramisu
- 206 - Date Square
- 207 - Black Forest Cake
- 209 - Nanaimo Bars (2)
- 211 - NEW - Sticky Toffee Pudding
- 314 - Chocolate Pudding \$1.50
- 315 - Tapioca \$1.50
- 316 - Sugar Free Vanilla Pudding \$1.50
- 317 - Activia Yogurt \$1.50

- 318 - Lemon Cheese Cake Squares
- 319 - Rice Pudding
- 320 - Fresh Baked Cookies (3) \$3.50
- 321 - NEW - Crème Brule
- 322 - NEW - Orange dream cake

Fresh Sandwiches

\$5.25

- 925 - Roast Beef on Ciabata
- 927 - Egg Salad on White Bread
- 929 - Seafood on Croissant
- 926 - Ham and Cheese - on a cheese bun
- 931 - Clubhouse Wrap - turkey, bacon, tomato, cheddar, ranch

\$6.25

- 923 - Pulled BBQ Pork Sandwich - with coleslaw
- 928 - Corn Beef on Rye - piled extremely high with home cooked corned beef
- 943 - NEW - Italian Stallion - piled high with capocolo, mortadella, genoa and soprasata salami with cheese
- 934 - Prime Rib Burger - with lettuce, tomato and onion on the side
- 944 - Super Sub Sandwich - turkey, ham, pepperoni, cheese

\$8.00

- 932 - Beef Dip - 8oz slow roasted beef on a toasted roll with au jus on the side

Fresh Salads

\$3.25

- 933 - Deluxe Mixed Green Salad - with veggies
- 935 - Potato Salad

\$4.25

- 936 - Fruit Salad
- 937 - Greek Salad
- 938 - Caesar Salad

\$6.25

- 939 - Chefs Salad - Ham, turkey, cheese and egg with dressing
- 940 - Fresh Veggies and Dip
- 941 - (4) Large Prawns Caesar Salad
- 942 - Seasonal Whole Fruit Basket
- 945 - Large Deluxe Mixed Green Salad
- 946 - Shrimp Cocktail - 6 Jumbo Prawns with a slice of lemon and cocktail sauce \$7.00
- 947 - Cranberry, Mandarin, Feta, Pecan Salad with tangerine balsamic vinaigrette

CASALINGA

Foods Services Inc.

3847 Kingsway, Burnaby

New Menu 2012

MEAL SERVICE

604-435-1994

www.casalingafoods.com

www.cateringbc.com

Family Meals

VETERANS

Bachelors

100% Whole Foods

**No Preservatives*

**Nothing Processed*

REGISTERED WITH
VETERANS AFFAIRS CANADA

Office Hours

Mon - Thurs 9:30 am - 3:00 pm

Friday 9:00 am - 12:00 pm

*Sides with entrees may be substituted due to availability
Prices subject to change without notice*