

Entrees \$8.50

- 801 - Stuffed Sole Filet - crab, shrimp and scallops with rice pilaf and green beans
- 802 - **NEW** - Chili Maple Glazed Salmon
- 804 - Pan Fried Cod - with a lemon caper butter sauce, rice and green beans
- 805 - **NEW** - Steak and Prawns - marinated top sirloin, garlic prawns, duchess potatoes and seasonal vegetables \$12.00

Hungry Man Meals \$10.00

- 900 - BBQ Chicken and Ribs - baked beans and corn bread
- 911 - Roast Beef - blue cheese mash potatoes and yorkshire pudding

Family Size Meals \$15.00

- 912 - Fried Chicken (12)
- 913 - **NEW** - Shepherd's Pie
- 914 - Sweet and Sour Meatballs and rice
- 918 - Spaghetti and Meatballs
- 919 - Spinach and Cheese Cannelloni
- 921 - Cabbage Rolls (12)
- 922 - Seafood Lasagne

Dessert \$3.00

- 200 - Apple Pie
- 201 - Carrot Cake
- 203 - Banana Cream Cake
- 204 - Butter Tarts (2)
- 206 - Date Square
- 207 - Black Forest Cake
- 202 - Chocolate Fudge Brownie
- 209 - Nanaimo Bars (2)
- 210 - Berry Cheesecake
- 211 - **NEW** - Luscious Lemon Square
- 312 - Lemon Meringue Pie
- 313 - Almond Copenhagen
- 923 - **NEW** - Fresh Baked Cookies \$3.50

Fresh Sandwiches

\$4.50

- 925 - Roast Beef on Ciabata
- 926 - Ham on Cheese Bun
- 927 - Egg Salad on White Bread
- 928 - Corn Beef on Rye
- 929 - Seafood on Croissant
- 930 - **NEW** - Italian Salami and Roasted Red Pepper on an onion bun
- 931 - Turkey on Wrap

\$6.00

- 924 - Super Sub Sandwich - turkey, ham, pepperoni, cheese

Fresh Salads

\$3.00

- 933 - Mixed Green Salad - Choice of Ranch, 1000 Island, Vinaigrette, Blue Cheese
- 935 - Potato Salad

\$4.00

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

\$6.00

- 939 - Chefs Salad - Ham, turkey, cheese and egg with dressing
- 940 - **NEW** - Fresh Vegies and Dip
- 941 - (4) Large Prawns Caesar Salad
- 942 - **NEW** - Seasonal Whole Fruit Basket \$5.00
- 943 - **NEW** - Bocconcini and tomato salad \$6.00

New Office Hours

10:00 am - 2:00 pm

3847 Kingsway, Burnaby

www.casalingafoods.com

CASALINGA

Foods Services Inc.

3847 Kingsway, Burnaby

New Menu October 2008

MEAL SERVICE

604-435-1994

Providing the best quality,
economical frozen and fresh food
products in the lower mainland.

100% Money Back

Satisfaction Guaranteed

**No Preservatives*

**No Pressed Meat Products*

**Nothing Processed*

**Wholesome Gourmet
Freezer Products & Fresh Items**

REGISTERED WITH
VETERANS AFFAIRS CANADA

Drinks \$1.50

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

Juice \$2.00

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

Condiments \$2.00

- 220 - Gravy
- 221 - Tartar Sauce
- 222 - Horseradishes
- 223 - Cranberry
- 224 - Sour Cream

Side Orders

- 225 - Dinner Rolls w/ butter (2) \$2.00
- 226 - Cadenbury Coffee - individual pouch for a full pot of coffee \$2.50
- 305 - **NEW** - Corn Bread \$5.50
- 414 - Meat Sauce \$4.00
- 415 - Gourmet Peppercorn Sauce \$5.00

Soup \$3.00

- 213 - Split Pea and Ham
- 215 - Carrot Ginger
- 216 - Beef Barley
- 217 - Chicken Noodle
- 218 - **NEW** - Tai Curry Chicken
- 219 - Seafood Chowder \$3.00

Breakfast Items \$5.00

- 417 - **Benedict Omelets** - cheese omelets on a biscuit with ham & hollandaise sauce
- 413 - **Continental Breakfast** - assorted baked items
- 610 - **Breakfast Platter**- sausage, bacon and cheese omelet with hash browns \$6.00

Vegetable Side Dishes \$3.50

- 303 - **Twice Baked Potato** - sour cream, bacon, cheese and green onion

Individual Meals \$5.00

- 502 - **NEW** - Barbeque pork fried rice
- 504 - **NEW** - Chicken Pot Pie

Individual Meals \$6.00

- 401 - Spaghetti and Meatballs
- 402 - Spinach and Cheese Cannelloni
- 403 - Chili Con Carne
- 404 - Lasagna - meat and cheese
- 405 - Beef Stroganoff
- 406 - **Southern Fried Chicken Wings** - honey garlic sauce on the side
- 407 - **Chicken Fingers** - honey garlic on the side
- 408 - **Tuna Casserole** - with cheesy macaroni
- 412 - **Lime and Pepper Pork Ribs**
- 500 - **Shepherds Pie**
- 501 - **Coconut Curry Chicken** - over rice
- 513 - **NEW** - Curry Lamb on Rice
- 515 - **Chicken Enchilada -2** - melt in your mouth with 3 cheeses
- 516 - **Sweet and Sour Meatballs** - on rice pilaf
- 517 - **Chicken Ala King** - on egg noodles
- 518 - **Beef Stew**
- 520 - **NEW** - Herb Cheese Tortellini - with vegetables in cream sauce
- 521 - **NEW** - **Seafood Newburg**- shrimp, crab and scallops on noodles
- 522 - **NEW** - **Chicken Cacciatore** - whole breast in tomato sauce with polenta
- 523 - **NEW** - **Italian Sausage Cannelloni**
- 524 - **NEW** - **Moussaka** - Greek casserole with eggplant
- 525 - **NEW** - **Jalapeno Smoky and Perogies**

Pizza \$5.50

- 508 - **Meat Lovers** - ham, pepperoni and Italian sausage
- 509 - **Deluxe** - pepperoni, black olives, mushroom, green pepper and onion
- 510 - **Hawaiian** - ham, bacon and pineapple

Pizza \$5.50

- 511 - **Greek** - green pepper, onion, olives, tomato, feta and mozza
- 514 - **NEW** - **Chicken Fajita** - spiced chicken with saute peppers, onions with cheddar

Entrees \$7.00

- 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 cauliflower with cheese sauce
- 600 - **Roast Pork** - mashed potatoes and apple crisp
- 601 - **Chicken Parmesan** - spaghetti and buttered carrots
- 602 - **NEW** - **Meatloaf** - with macaroni and cheese corn
- 603 - **NEW** - **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**
- 608 - **Greek Chicken Breast** - lemon potatoes and rice pilaf
- 609 - **Fish and Chips**

Entrees \$8.00

- 700 - **Casalinga 2lb Lasagna**
- 701 - **Veal Cutlets** - roasted potatoes and mixed vegetables
- 702 - **Chicken Breast Cordon Bleu** - grilled chicken breast topped with ham and swiss cheese
- 703 - **Roast Turkey** - white and dark meat on top of stuffing with mashed potatoes and brussel sprouts