

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
- 113 - Organic Low Sugar Mango
- 114 - Organic Low Sugar Cranberry

Condiments \$2.00

- 220 - Gravy
- 222 - Horseradishes
- 223 - Cranberry
- 224 - Sour Cream
- 225 - NEW - Mustard
- 226 - NEW - Dijon
- 227 - NEW - Mayonnaise
- 228 - NEW - Ketchup

Side Orders

- 229 - Cadenbury Coffee - individual pouch for a full pot of coffee **\$2.50**
- 230 - Meat Sauce **\$4.00**

Soup \$3.00

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

Breakfast Items \$5.00

- 300 - NEW - Broccoli Ham Bake
- 301 - NEW - Corn Beef Hash - with scrambled eggs & cheese
- 610 - Breakfast Platter- western omelet with sausages and hash browns **\$6.00**
- 611 - Continental Breakfast - assorted baked items

Heart Smart Meals ♥

Vegetable Side Dishes \$3.50

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

Individual Meals \$5.00

- 504 - Chicken Pot Pie

Individual Meals \$6.00

- 401 - Spaghetti and Meatballs
- 402 - Spinach and Cheese Cannelloni
- 403 - NEW - Beef Cannelloni
- 404 - Lasagna - meat and cheese
- 405 - NEW - Mushroom Risotto
- 406 - Southern Fried Chicken Wings - honey garlic sauce on the side
- 407 - NEW RECIPE - Chicken Fingers - honey garlic on the side
- 408 - NEW - Macaroni & Cheese - probably the best mac & cheese in this world
- 412 - Lime and Pepper Pork Ribs
- 413 - NEW - Pepper Steak Stew
- 414 - NEW - Chicken Chow Mein
- 415 - NEW - Beef & Broccoli ♥
- 418 - Hungarian Chicken- chicken thighs in a creamy sour cream, paprika sauce with steamed carrot garnish
- 419 - NEW - Pastitsio - Greek pasta with beef topped with a baked béchamel
- 420 - NEW - Chicken Cacciatore on Spaghetti Squash
- 421 - NEW - Steak Chili when our chili couldn't get any better, we used steak ♥
- 422 - NEW - Chicken Stir-Fry - with black bean sauce ♥
- 423 - NEW - Corn Beef & Cabbage - made with our homemade corned beef ♥
- 424 - NEW - Basa Fillet - topped with orange ginger stir-fry ♥
- 500 - Shepherds Pie
- 501 - Coconut Curry Chicken - over rice
- 515 - Chicken Enchilada -2 - melt in your mouth with 3 cheeses

Pizza \$6.00

- 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
- 520 - NEW - Buffalo Chicken - with blue cheese, with finely diced celery & red onion

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
- 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 \$8.00

- 700 - Casalinga 2lb Lasagna
- 701 - Veal Cutlets - with mashed potatoes and mixed vegetables
- 702 - NEW - Chicken Fondue Bake - a breast topped with an artichoke heart and baked in a swiss cheese sauce
- 703 - Roast Turkey - white and dark meat on top of stuffing with mashed potatoes and brussel sprouts

Entrees \$8.50

- 801 - Stuffed Sole Filet - crab, shrimp and scallops with rice pilaf and green beans
- 802 - **NEW** - Salmon with a Maple Chili Glaze
- 803 - Coconut Crusted Tilapia - with steamed broccoli and pineapple rice
- 804 - Pan Fried Cod - with a lemon caper butter sauce, rice and green beans

Hungry Man Meals \$10.00

- 807 - **NEW** - 8oz Prime Rib - slow roasted to rare with Yorkshire Pudding and mashed potatoes **\$15.00**
- 900 - BBQ Chicken and Ribs - baked beans and corn bread
- 901 - Braised Short Ribs - with roasted root vegetables and red potatoes

Family Size Meals \$15.00

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

Dessert \$3.50 (includes all taxes)

- 200 - Apple Pie
- 201 - Carrot Cake
- 204 - Butter Tarts (2)
- 206 - Date Square
- 207 - Black Forest Cake
- 208 - Strawberry Cream Cake
- 202 - Chocolate Fudge Brownie
- 209 - Nanaimo Bars (2)
- 210 - **NEW** - Banana Cream Pie
- 314 - Sugar Free Chocolate Pudding \$1.50
- 315 - Tapioca \$1.50
- 316 - Sugar Free Vanilla Pudding \$1.50
- 317 - Activia Yogurt
- 318 - **NEW** - Lemon Cheese Cake Squares
- 319 - **NEW** - Rice Crispy Square
- 923 - Fresh Baked Cookies \$3.50

Sides with entrees may be substituted due to availability

Fresh Sandwiches

\$4.50

- 924 - Italian Mozzarella Smoky in a Roll - condiments on the side
- 925 - Roast Beef on Ciabata
- 927 - Egg Salad on White Bread
- 929 - Seafood on Croissant

\$5.00

- 926 - Ham and Cheese - on a cheese bun
- 930 - Italian Salami, Roasted Red Peppers with Swiss Cheese - on an onion bun
- 931 - Clubhouse Wrap - turkey, bacon, tomato, cheddar, ranch

\$6.00

- 928 - Corn Beef on Rye - piled extremely high with home cooked corned beef
- 934 - **NEW** - Prime Rib Burger - with lettuce, tomato and onion on the side
- 944 - Super Sub Sandwich - turkey, ham, pepperoni, cheese

\$8.00

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

Fresh Salads

\$3.00

- 933 - Deluxe Mixed Green Salad - with vegetables
- 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 - Fresh Vegies 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
- 947 - Cranberry, Mandarin, Feta, Pecan Salad with tangerine balsamic vinaigrette

Prices subject to change without notice

CASALINGA

Foods Services Inc.

3847 Kingsway, Burnaby

New Menu June 2010

MEAL SERVICE

604-435-1994

Family Meals

VETERANS

Bachelors

100% Whole Foods

**No Preservatives*

**Nothing Processed*

REGISTERED WITH
VETERANS AFFAIRS CANADA

Office Hours

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

Friday 9:00 am - 12:00 pm