

Entrees \$8.50

- 801 - Stuffed Sole Filet - crab, shrimp and scallops with rice pilaf and green beans
- 802 - **NEW** - Salmon with Creamy Dill Sauce
- 804 - Pan Fried Cod - with a lemon caper butter sauce, rice and green beans
- 806 - **NEW** - Lamb Chops - with mushroom risotto and rutabagas \$12.00

Hungry Man Meals \$10.00

- 900 - BBQ Chicken and Ribs - baked beans and corn bread
- 901 - **NEW** - Braised Short Ribs - with roasted root vegetables and red potatoes
- 911 - Roast Beef - blue cheese mash potatoes and yorkshire pudding

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 Lasagne

Dessert \$3.00

- 200 - Apple Pie
- 201 - Carrot Cake
- 204 - Butter Tarts (2)
- 205 - **NEW** - Tiramisu
- 206 - Date Square
- 207 - Black Forest Cake
- 208 - **NEW** - Strawberry Cream Cake
- 202 - Chocolate Fudge Brownie
- 209 - Nanaimo Bars (2)
- 210 - New York Cheesecake \$4.00
- 211 - Luscious Lemon Square
- 312 - Lemon Meringue Pie
- 314 - **NEW** - Sugar Free Chocolate Pudding \$1.50
- 315 - **NEW** - Tapioca \$1.50
- 316 - **NEW** - Sugar Free Vanilla Pudding \$1.50
- 923 - Fresh Baked Cookies \$3.50

Fresh Sandwiches

\$4.50

- 924 - **NEW** - Italian Mozzarella Smoky in a Roll - condiments on the side
- 925 - Roast Beef on Ciabata
- 927 - Egg Salad on White Bread
- 928 - Corn Beef on Rye
- 929 - Seafood on Croissant
- 931 - Turkey on Wrap

\$5.00

- 926 - Ham and Cheese - on a cheese bun
- 930 - Italian Salami, Roasted Red Peppers with Swiss Cheese - on an onion bun

\$6.00

- 924 - Super Sub Sandwich - turkey, ham, pepperoni, cheese
- 934 - **NEW** - Prime Rib Burger - with lettuce, tomato and onion on the side

\$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 - 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 - Fresh Vegies and Dip
- 941 - (4) Large Prawns Caesar Salad
- 942 - Seasonal Whole Fruit Basket \$6.00

New Office Hours

Mon - Thurs 9:00 am - 3:00 pm
Friday 9:00 am - 12:00 pm

CASALINGA

Foods Services Inc.

3847 Kingsway, Burnaby

New Menu October 2009

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

Condiments \$2.00

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

Side Orders

- 226 - Cadenbury Coffee - individual pouch for a full pot of coffee \$2.50
- 305 - Corn Bread \$2.50
- 414 - Meat Sauce \$4.00

Soup \$3.00

- 213 - Split Pea and Ham
- 214 - **NEW** - Butternut Squash
- 216 - Beef Barley
- 217 - Chicken Noodle
- 218 - Tai Curry Chicken
- 219 - Seafood Chowder

Breakfast Items \$5.00

- 417 - Benedict Omelets - cheese omelet on a biscuit with smoked salmon topped with a dill hollandaise sauce \$6.00
- 413 - Continental Breakfast - assorted baked items
- 610 - Breakfast Platter- western omelet with sausages and 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 - Barbeque pork fried rice
- 504 - Chicken Pot Pie

Individual Meals \$6.00

- 401 - Spaghetti and Meatballs
 - 402 - Spinach and Cheese Cannelloni
 - 404 - Lasagna - meat and cheese
 - 406 - Southern Fried Chicken Wings - honey garlic sauce on the side
 - 407 - Chicken Fingers - honey garlic on the side
 - 409 - **NEW** - Pulled Pork - on corn bread
 - 410 - **NEW** - Pepper Steak- with mushrooms, onions and peppers in a green peppercorn gravy
 - 411 - **NEW** - Cheese Burger Macaroni- prime rib with cheese, pickles, mushrooms, tomatoes, sauté onions in a creamy sauce
 - 412 - Lime and Pepper Pork Ribs
 - 416 - **NEW** - Thai Curry Prawns - on rice
 - 418 - **NEW** - Hungarian Chicken- chicken thighs in a creamy sour cream, paprika sauce with steamed carrot garnish
 - 500 - Shepherds Pie
 - 501 - Coconut Curry Chicken - over 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 - Herb Cheese Tortellini - with vegetables in cream sauce
 - 521 - Seafood Newburg- shrimp, crab and scallops on noodles
 - 523 - Italian Sausage Cannelloni
 - 524 - Moussaka - Greek casserole with eggplant
 - 525 - Italian Mozza Smokies with 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
- 512 - **NEW** - Mediterranean - goat cheese, roasted red peppers, artichokes, olives and red onion
- 519 - **NEW** - Shrimp - with feta, pesto green 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 - **IT'S BACK!!** - Bangers and Mash - two beef sausages with mashed potatoes and peas
- 609 - Fish and Chips
- 612 - **NEW** - 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 - 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