

Strathmore Frozen Meal Order Sheet

Delivery Date: _____

Name: _____

Payment : _____

Address: _____

Phone: _____

	MENU ITEM	SERVINGS	PRICE	QTY	TOTAL
Individual Meals: Only available frozen. Each meal includes a protein, starch, and vegetable.					
QTY	MENU ITEM	SIZE	PRICE	TOTAL	
Individual Meals: Only available frozen. Each meal includes a protein, starch, and vegetable.					
	Beef Braised [GF]	1 each	\$ 7.00	\$ -	
	Beef Cabbage Rolls	1 each	\$ 7.00	\$ -	
	Beef Cabbage Rolls [GF]	1 each	\$ 7.00	\$ -	
	Beef Hearty Beef Stew [GF]	1 each	\$ 7.00	\$ -	
	Beef Hearty Beef Stew [R]	1 each	\$ 7.00	\$ -	
	Beef Lasagna	1 each	\$ 7.00	\$ -	
	Beef Meatballs with BBQ Sauce	1 each	\$ 7.00	\$ -	
	Beef Pulled Poutine(GF)	1 each	\$ 7.00	\$ -	
	Beef Salisbury Steak	1 each	\$ 7.00	\$ -	
	Beef Salisbury Steak [R]	1 each	\$ 7.00	\$ -	
	Beef Shepherd's Pie [GF & R]	1 each	\$ 7.00	\$ -	
	Beef Swiss [GF]	1 each	\$ 7.00	\$ -	
	Chicken Butter Chicken Bowl [GF & R]	1 each	\$ 7.00	\$ -	
	Chicken Caribbean - NEW	1 each	\$ 7.00	\$ -	
	Chicken Chow Mein	1 each	\$ 7.00	\$ -	
	Chicken Pot Pie - NEW!	1 each	\$ 7.00	\$ -	
	Chicken Sausage & French Toast- NEW!	1 each	\$ 4.00	\$ -	
	Chicken Sausage Hash Bowl - NEW!	1 each	\$ 4.00	\$ -	
	Chicken Schnitzel - NEW!	1 each	\$ 7.00	\$ -	
	Chicken Stew - NEW!	1 each	\$ 7.00	\$ -	
	Chicken Stir Fry	1 each	\$ 7.00	\$ -	
	Chicken Stir Fry [R]	1 each	\$ 7.00	\$ -	
	Chicken Tandoori [GF & R]	1 each	\$ 7.00	\$ -	
	Chicken w Creamy Parmesan Sauce [GF]	1 each	\$ 7.00	\$ -	
	Chicken w Creamy Parmesan Sauce [R]	1 each	\$ 7.00	\$ -	
	Chicken w Gravy [GF]	1 each	\$ 7.00	\$ -	
	Fish Steamed Cod w BBQ Sauce [GF] NEW!	1 each	\$ 7.00	\$ -	
	Fish Steamed Salmon w Blackberry Maple Sauce(GF)	1 each	\$ 7.00	\$ -	
	Fish Steamed Salmon w Dill Sauce [R]	1 each	\$ 7.00	\$ -	
	Pork Bacon & Pancakes w Saskatoon Compote (R)	1 each	\$ 4.00	\$ -	
	Pork Bourbon [GF]	1 each	\$ 7.00	\$ -	
	Pork Griddle Cakes & Scrambled Eggs	1 each	\$ 4.00	\$ -	
	Pork Loin w Korean BBQ Sauce	1 each	\$ 7.00	\$ -	

	Pork Ribette [GF]	1 each	\$ 7.00	\$ -	
	Pork Western Frittata & Potato Dippers(GF)- NEW!	1 each	\$ 4.00	\$ -	

Turkey Roast	1 each	\$ 7.00	\$ -	
Vegetarian Chili w Beans & Lentils [GF]	1 each	\$ 7.00	\$ -	
Vegetarian Egg Bites & Potato Wedges (GF) NEW!	1 each	\$ 4.00	\$ -	
Vegetarian Lasagna w Squash & Spinach	1 each	\$ 7.00	\$ -	
Vegetarian Macaroni & Cheese	1 each	\$ 7.00	\$ -	
Vegetarian Mushroom Ravioli	1 each	\$ 7.00	\$ -	
Vegetarian Shepherd's Pie w Soy Crumble	1 each	\$ 7.00	\$ -	
Entrees: Only available frozen. Pair with sides at home for a complete meal!				
Cabbage Rolls [GF]	Svgs 16	\$ 32.00	\$ -	
Chili Con Carne [GF]	Svgs 16	\$ 29.00	\$ -	
Cabbage Rolls [GF]	Svgs 16	\$ 42.00	\$ -	
Hearty Beef Stew [GF]	Svgs 16	\$ 34.00	\$ -	
Beef Lasagna	Svgs 16	\$ 43.00	\$ -	
Beef Macaroni Goulash	Svgs 16	\$ 31.00	\$ -	
Meatballs w Gravy	Svgs 16	\$ 32.00	\$ -	
Meatloaf w BBQ Sauce	Svgs 16	\$ 34.00	\$ -	
Mexican Casserole [GF]	Svgs 16	\$ 31.00	\$ -	
Shepherd's Pie [GF]	Svgs 16	\$ 34.00	\$ -	
Butter Chicken [GF]	Svgs 16	\$ 45.00	\$ -	
Chicken Caribbean - NEW	Svgs 16	\$ 50.00	\$ -	
Chicken Chowmein [Halal-Style]	Svgs 16	\$ 25.00	\$ -	
Chicken Nuggets	Svgs 16	\$ 46.00	\$ -	
Chicken Stir Fry	Svgs 16	\$ 45.00	\$ -	
Chicken Tandoori [GF]	Svgs 16	\$ 34.00	\$ -	
Pork BBQ Riblets [GF]	Svgs 16	\$ 37.00	\$ -	
Pork Bourbon [GF]	Svgs 16	\$ 46.00	\$ -	
Turkey Meatballs w Turkey Gravy [GF]	Svgs 16	\$ 50.00	\$ -	
Vegetarian Cheese Tortellini w Tomato Sauce - NEW!	Svgs 16	\$ 26.00	\$ -	
Vegetarian Lasagna w Squash & Spinach (Large)	Svgs 16	\$ 66.45	\$ -	
Vegetarian Macaroni & Cheese	Svgs 16	\$ 24.00	\$ -	
Vegetarian Mexican Bean & Rice Casserole (GF)	Svgs 16	\$ 23.00	\$ -	
Vegetarian Mushroom Ravioli w Parmesan Sauce- NEW!	Svgs 24	\$ 26.00	\$ -	
Vegetarian Potato & Cheddar Perogies	Svgs 16	\$ 21.00	\$ -	
Vegetarian Shepherd's Pie w Soy Crumble	Svgs 16	\$ 31.00	\$ -	
Vegetarian Veggie & Egg Chowmein	Svgs 16	\$ 23.00	\$ -	
Sides: 9x12in. Pair with entre for complete meal.				
Past, Fusilli	Svgs 20	\$ 12.00	\$ -	
Pasta, Rice Noodles (Thick)	Svgs 20	\$ 15.00	\$ -	
Potatoes, Mashed	Svgs 20	\$ 11.00	\$ -	
Potatoes, Wedge	Svgs 20	\$ 12.00	\$ -	
Rice	Svgs 20	\$ 11.00	\$ -	
Vegetables, Mixed	Svgs 20	\$ 15.00	\$ -	
Soups: Only available frozen. Add some biscuits for delicious dipping!				
Beef Barley [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Chicken Barley [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Chicken Noodle [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Butternut Squash (GF) NEW!	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Cauliflower & Cheddar [GF]	750ml, Svgs 3	\$ 5.00	\$ -	

	Vegetarian Minestrone [R]	750ml, Svgs 3	\$ 5.00	\$ -	
	Vegetarian Tomato Pasta - NEW!	750ml, Svgs 3	\$ 5.00	\$ -	

	Desserts & Snacks: Only available frozen. Includes muffins, biscuits, cookies, crisps, etc.				
	Biscuits, Herb & Cheddar (12)	Qty 12	\$ 7.00	\$ -	
	Biscuits, Herb & Cheddar (35)	Qty 35	\$ 16.00	\$ -	
	Biscuits, Scone Blueberry White Chocolate	Qty 6	\$ 7.00	\$ -	
	Biscuits, Tea (12)	Qty 12	\$ 7.00	\$ -	
	Biscuits, Tea (35)	Qty 35	\$ 16.00	\$ -	
	Bun, Garlic Knots (16)	Qty 16	\$ 9.00	\$ -	
	Cookies- Chocolate Chip -NEW!	Qty 18	\$ 7.00	\$ -	
	Cookies, Ginger Snap - NEW!	Svgs 18	\$ 7.00	\$ -	
	Cookies, Monster	Svgs 18	\$ 7.00	\$ -	
	Cookies, Peanut Butter	Svgs 18	\$ 7.00	\$ -	
	Cookies, Raisin Oatmeal	Svgs 18	\$ 7.00	\$ -	
	Crisp, Apple	Qty 8	\$ 8.00	\$ -	
	Crisp, Peach	Qty 8	\$ 8.00	\$ -	
	Muffins, Apple Rhubarb - NEW!	Qty 12	\$ 7.00	\$ -	
	Muffins, Pineapple Carrot- NEW!	Qty 12	\$ 7.00	\$ -	
	Muffins, Banana Flax Choco Chip	Qty 12	\$ 7.00	\$ -	
	Muffins, Lemon Raspberry - NEW!	Qty 12	\$ 7.00	\$ -	
	Muffins,Pumpkin Spice - NEW!	Qty 12	\$ 7.00	\$ -	
	Muffins, Chocolate Zucchini - NEW!	Qty 12	\$ 7.00	\$ -	
		ORDER TOTAL		\$ -	