

Desserts \$2.50 (Includes all taxes)

- 313 - Butterscotch Pudding
- 314 - Chocolate Pudding
- 315 - Tapioca
- 316 - Sugar Free Vanilla Pudding
- 317 - Activia Yogurt \$1.50
- 325 - Jellied Fruit Salad - sugar free

Desserts \$4.75 (Includes all taxes)

- 200 - Apple Pie
- 201 - Carrot Cake
- 202 - Chocolate Brownie
- 204 - Butter Tarts (2)
- 206 - Date Square
- 207 - Black Forest Cake
- 209 - Nanaimo Bars (2)
- 312 - German Chocolate Cake
- 318 - Lemon Cheese Cake Squares
- 319 - Berry Trifle - (made fresh)
- 320 - Fresh Baked Cookies (3)
- 321 - Strawberry Mousse Cake

Desserts \$6.50 (Includes all taxes)

- 300 - 5" Apple Pie
- 322 - 5" Strawberry Rhubarb Pie - fresh not Frozen

Energy Bars \$3.50 great meal alternative all natural 100% gluten free

- 058 - Coconut Pineapple
- 059 - Chocolate Charger
- 060 - Lemon Lift
- 061 - Dark Chocolate Mandarin
- 062 - Peanut Power

Ensure Drinks \$3.50

complete balanced nutrition with 26 essential vitamins & minerals

- 063 - Chocolate
- 064 - Strawberry
- 065 - Vanilla

Gluten Free Cookies \$9.00

- 038 - Red Velvet Cookies 150g bag, all natural
- 039 - Chocolate Chip Cookies 150g bag, all natural
- 040 - Ginger Snaps, 150g bag all natural
- 041 - NEW Chocolate Cherry

Gluten Free Meals \$9.00

- 004 - Thai Chicken Stir-Fry- on a bed of quinoa
- 005 - Vegetable Lasagna - spinach, mushroom, asparagus
- 006 - Baby Back Ribs - braised with cabbage
- 007 - 1/4 Rotisserie Chicken
- 014 - Basa Filet - topped with an orange ginger asparagus stir-fry

Gluten Free Meals \$11.00

- 019 - Beef Bourguignon tender pieces of beef in the best red wine reduction

Sandwiches \$8.00

- 925 - Roast Beef - on Ciabata
- 926 - Ham and Cheese - on a multigrain kaiser
- 927 - Egg Salad - sour dough bread
- 929 - Seafood - on croissant
- 931 - Clubhouse Wrap - turkey, bacon, tomato, cheddar, onion, ranch

Sandwiches \$9.00

- 923 - Pulled BBQ Pork Sandwich - with coleslaw
- 928 - Reuben - piled high with corn beef sauerkraut and swiss cheese
- 934 - Prime Rib Burger - with lettuce, tomato and pickle on the side
- 943 - Italian Stallion - piled high with capocola, mortadello, genoa and soprasata salami, cheese, onion & tomato
- 944 - Super Sub Sandwich - turkey, ham, pepperoni, cheese, tomato and onion
- 949 - Grilled Chicken Burger - cheddar, tomato, red onions

Sandwiches \$10.00

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

Salads \$6.00

- 935 - Potato Salad - 3 scoops

Salads \$7.00

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

Salads \$8.50

- 939 - Chef's Salad - ham, turkey, cheese and egg with dressing
- 940 - Fresh Veggies and Dip
- 941 - (4) Large Prawns Caesar Salad
- 945 - Deluxe Mixed Green Salad
- 947 - Cranberry, Mandarin, Feta, Pecan Salad with tangerine balsamic vinaigrette

Large Salads \$9.50

- 942 - Seasonal Whole Fruit Basket
- 946 - Shrimp Cocktail - 6 jumbo prawns with a slice of lemon and cocktail sauce
- 055 - Carnival Salad - grated beets, daikon radish zucchini, carrots, red cabbage, pecans, cranberries, raspberry vinaigrette
- 951 - Cobb Salad - Chicken, egg, bleu cheese, tomato, bacon, with ranch dressing

CASALINGA

Foods Services Inc.

7624 Winston Street
Burnaby, BC V5A 2H4

MEAL SERVICE

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REGISTERED WITH
VETERANS AFFAIRS CANADA

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

Office Hours
Mon - Friday 9:30 am - 1:30 pm

10/14/16

Drinks \$2.00

- | | |
|-----------------|--------------------|
| 099 - Dr Pepper | 100 - Coke |
| 101 - Diet Coke | 102 - Ginger Ale |
| 103 - Root Beer | 104 - Iced Tea |
| 105 - 7up | 106 - Bottle Water |

Juice \$2.50

- | | |
|--------------|-----------------------|
| 107 - Orange | 108 - Pink Grapefruit |
| 109 - Apple | 110 - Cranberry |
| 111 - V8 | 112 - 5-Alive |
| 113 - Grape | |

Condiments \$2.00

- | | |
|-----------------|-------------------|
| 220 - Gravy | 222 - Horseradish |
| 223 - Cranberry | 224 - Sour Cream |

16 oz Soup \$5.00

- 041 - French onion soup - low sodium
- 210 - Italian Wedding Soup
- 211 - Moroccan Red Lentil
- 212 - Chicken Mulligatawny
- 213 - Split Pea and Ham
- 214 - NEW - Broccoli cauliflower cheddar
- 216 - Beef Barley
- 217 - Chicken Noodle
- 218 - Thai Curry Chicken with rice noodle
- 221 - Broccoli Chicken Chowder

Breakfast Items \$7.50

- 611 - Continental Breakfast - assorted baked items
- 609 - Breakfast Sandwich English muffin, sausage, egg & Cheddar
- 610 - Breakfast Platter - western omelet with 2 sausages, 1 bacon and country fried hash browns
- 613 - Breakfast Skillet - hash browns topped with ham & bacon, sauté peppers & onion, scrambled egg with cheddar cheese
- 614 - NEW - Breakfast Croissant (fresh) Denver omelette cheddar & bacon

Individual Pies \$7.00

New Homemade 5" Pies not frozen

- 301 - Chicken Pot Pie
- 307 - NEW - Beef Pot Pie with vegetables

Individual Meals \$6.00

- 003 - Stuffed Pepper - coloured pepper with lean ground beef, mushroom and onion
- 303 - Twice Baked Potato -sour cream, bacon, cheese and green onion

Individual Meals \$8.00

- 305 - NEW - Perogies & Smokies with saute onions
- 306 - Scalloped Potatoes
- 401 - Spaghetti and Meatballs
- 402 - Spinach and Cheese Cannelloni
- 403 - Chuckwagon Beans - with 100% Beef weiners
- 404 - Lasagna - meat and cheese
- 405 - Chicken stir-fry
- 406 - Southern Fried Chicken Wings sauce on the side
- 407 - Chicken Fingers- plum sauce on the side
- 408 - Macaroni & Cheese
- 409 - 3 Cabbage Rolls - pork & rice
- 410 - Butter Chicken Cabbage Rolls
- 411 - Spareribs - in black bean sauce
- 412 - Lime and peper ribs
- 413 - Beef Stew
- 414 - Chicken Chow Mein
- 416 - Sweet & Sour Pork
- 417 - Chicken & Dumplings
- 418 - Hungarian Chicken - one chicken thigh in a creamy sour cream, paprika sauce with steamed carrot garnish
- 419 - NEW - Pad Thai Noodles shrimp & chicken
- 420 - Thai Curry (5) Jumbo Prawns on rice
- 421 - Chili - made with lean ground beef
- 423 - Clam Linguini
- 424 - Ginger Beef stir-fry
- 425 - Chicken Alfredo - with penne pasta
- 426 - NEW - Chicken Fajita with spanish rice
- 427 - Sweet & Sour Chicken
- 429 - Braised Pork Loin with pasta & carrots

Individual Meals \$8.00 cont.

- 500 - Shepherd's Pie
- 501 - Butter Chicken - on basmati rice
- 516 - Sweet & Sour Meatballs on rice

Pizza \$8.00

- 508 - Meat Lovers - ham, pepperoni and Italian sausage
- 510 - Hawaiian - ham, bacon and pineapple
- 512 - Mediterranean - goat cheese, roasted red peppers, artichokes, olives and red onion

Entrees \$9.00

- 503 - Baked Ham - scalloped potatoes and peas
- 504 - Roast Herb Chicken - with sour cream and onion mashed potatoes and mixed veg
- 505 - Liver and Onions- roasted potatoes and buttered rutabaga/carrots
- 506 - Salisbury Steak- topped with sherry mushroom sauce, sour cream and onion mashed potatoes and peas/carrots
- 507 - Roast Beef - mashed potatoes and broccoli
- 601 - Cheddar Chicken - chicken breast, with sweet potato mash
- 602 - Meatloaf - with macaroni & cheese and corn
- 605 - Southern Fried Chicken - steamed red potatoes and buttered corn
- 607 - Bangers and Mash - 2 beef sausages, with mash & peas
- 608 - Wild Mushroom Chicken Breast - with mashed potatoes and mixed vegetables
- 612 - Cordon Blue: Chicken stuffed with swiss cheese and ham

Entrees \$9.50

- 603 - Pork Loin- in mushroom gravy with duchess potatoes and mixed vegetables
- 701 - Veal Cutlets - with mashed potatoes and mixed vegetables
- 702 - Swiss Steak - with mixed vegetables
- 703 - Roast Turkey- white and dark meat on top of stuffing with mashed potatoes and brussel sprouts

Entrees \$10.00

- 801 - Stuffed Sole Filet crab, shrimp and scallops with rice pilaf and green beans
- 802 - Flame Grilled Salmon - with Maple Chili glaze, rice pilaf and green beans
- 803 - NEW - Potato crusted cod lemon rice & beets
- 804 - BBQ Baby Back Ribs - with baked beans and corn

Hungry Man Meals \$19.00

- 807 - 8oz Prime Rib- slow roasted to rare with Yorkshire pudding and mashed potatoes
- 808 - Braised Lamb Shanks - with buttered carrots and yam/potato mash
- 810 - Cordon Bleu - 2 chicken 5oz with swiss cheese & ham, duchess potatos & green bean casserole
- 901 - Braised Short Ribs - with roasted root vegetables and red potatoes

Family Size Meals \$17.00

- 911 - Whole Rotisserie Chicken - fresh not frozen
- 913 - Shepherd's Pie
- 914 - Sweet & Sour Meatballs on rice
- 917 - Chicken and Spinach Lasagna
- 918 - Spaghetti and Meatballs
- 919 - NEW - meat & 5 cheese lasagna
- 920 - Butter Chicken - on basmati rice
- 921 - Cabbage Rolls - pork & rice
- 922 - Butter Chicken Lasagna

Family Size Meals \$26.00

- 910 - Chicken Souvlaki - (4) with lemon potatoes & rice, side order of fresh tzatziki
- 912 - Fried Chicken
- 915 - Southern Fried Chicken Wings - with choice of sauce, hot or honey garlic
- 924 - BBQ Ribs - 2 full racks of BBQ ribs in our house made sauce
- 930 - Pot Roast - slow cooked beef with hearty vegetables