



## FROZEN ENTREES TO GO

Our chef-made line of Frozen Entrees to Go offers the convenience of a home-cooked meal without any effort. Our generous, single-serve portions are available for city-wide delivery or curbside pick-up all summer!

These meals are available for curbside pick-up or delivery all summer long!

Affordably priced, our menu selections are made with fresh ingredients in our professionally-staffed kitchen. Some of our delicious creations can accommodate different dietary restrictions such as vegetarian, vegan, gluten-free, and dairy-free.



**Vegan Enchiladas**



**Roast Pork**



**Thai Peanut Noodles**

**Food safety continues to be our top priority.**

**Try one of our 17 selections today!**

Visit our order form to start your online order now!

<https://form.jotform.com/BGCL/Frozen>

Or call 519-434-9115 ext. 234 for assistance.

Price: \$8.50 each serving; Delivery\* is available.

\*additional flat rate fee of \$5.00 for a minimum order of 6 meals or more to one local address.





## FROZEN ENTREES TO GO

### VEGAN



**Dahl**

A fragrant, but mild, lentil stew alongside steamed Jasmine rice with a hint of coconut.

It's also gluten-free.



**Thai Peanut Noodles**

An exciting Thai-inspired Noodle dish with a medley of fresh vegetables in a delicious, silky peanut sauce.



**Vegan Enchiladas**

Two corn tortillas filled with black beans and brown rice, topped with house made red and green enchilada sauces, and warm roasted corn salad on the side.

## VEGETARIAN



**Vegetarian Lasagna**

Tender layers of pasta with 3 cheeses, zucchini, roasted red pepper, caramelized onions, broccoli and mushrooms, baked to perfection in a creamy sauce.



## FROZEN ENTREES TO GO CONTAINS MEAT



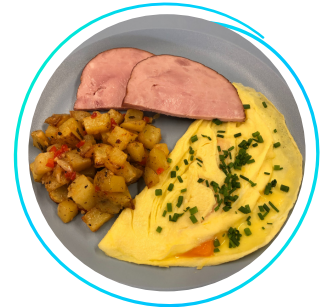
**Bacon Mac n'  
Cheese**

Creamy, baked mac 'n cheese with bacon throughout, served with a side of green beans.



**Bangers and Mash**

Two local pork farmer's sausages, creamy mashed potatoes, peas and carrots, smothered in gravy.



**Breakfast for Dinner**

A tasty trio of breakfast favourites, perfect for any time of the day! Entrée includes a cheddar and herb omelet, potato hash and a thick-cut slice of ham.



**Cabbage Rolls**

Two large cabbage rolls filled with seasoned beef and rice, served with lots of tangy sauce.

Gluten Free.

Dairy Free.



**Chicken  
Caccaitore**

A classic Italian dish of braised garden vegetables, chicken and fresh herbs in a rich tomato sauce, served alongside buttered egg noodles.

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to order:**



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519-434-9115  
ext. 234**

# CONTAINS MEAT



**Chicken Enchiladas**

Two corn tortillas filled with chicken and brown rice, topped with cheddar cheese and house made red and green enchilada sauces, and with warm roasted corn salad on the side.



**Creamy Chicken Pesto Penne**

Al dente Penne pasta, oven roasted chicken breast, roasted red peppers and caramelized onions in a pesto cream sauce.



**Hot Hamburger**

A 4oz. 100% pure ground chuck patty, with creamy mashed potatoes, carrots and peas, smothered in gravy.



**Roast Pork**

Tender, oven roasted medallions of pork loin in a rich mushroom gravy, served with red potatoes and steamed green beans.



**Shepherd's Pie**

A Classic dish made with ground beef and gravy, served with a side of honey-dill glazed carrots.



**Spaghetti Bolognese**

A slow simmered and meaty sauce with perfectly cooked spaghetti pasta.

Dairy Free.



## FROZEN ENTREES TO GO CONTAINS MEAT



**Teriyaki Drumsticks**

Two chicken drumsticks glazed with house made Teriyaki sauce, served with coconut scented Jasmine rice and steamed broccoli and cauliflower.



**Turkey Chili**

A Hearty, Classic Chili made with lean ground turkey for a satisfying, lower fat meal choice.

## IMPORTANT NOTES

Frozen entrées are designed to go right from your freezer to your oven, or can be popped out of the oven-safe container and microwaved.

Cooking times vary, but all our dishes are fully cooked, and just require reheating to an internal temperature of 74° Celsius, (165°F) as with all prepared foods.

We offer same day, curbside pick-up, safe and contactless. While we prefer that you order and pay online, if you are unable, you can phone your orders in to 519 434 9115 x 234, and pay by credit card over the phone. Exact cash will also be accepted at pick up. We deliver orders of 6 or more entrees, and can accept cheques upon delivery.

**Note: No refunds.**