



Super savers!

Weekly individually frozen meals

- 1 week of meals (6 meals) \$66
- 2 weeks of meals (12 meals) \$129
- 3 weeks of meals (18 meals) \$189
- 4 weeks of meals (24 meals)

\$240 Best Value!!!!



kenscatering.ca
(780) 691-3262





Individual Frozen Meals

- 1) Salisbury shaved roast beef with mashed potatoes and mixed vegetables
- 2) Pacific salmon with herb rice pilaf and buttered asparagus
- 3) Beef provencal stew with mashed potatoes
- 4) Braised Beef Brisket with mashed potato, demi glace and steamed vegetables
- 5) Roasted chicken with potato dill cream sauce and steamed broccoli
- 6) Sweet and sour meatballs with jasmine rice
- 7) Herb chicken penne pasta with rose sauce
- 8) Roasted turkey breast with mashed potatoes, steamed broccoli and gravy
- 9) Beef Lasagna
- 10) Grilled chicken breast with roasted potatoes and buttered mix vegetables



Family Size Refrigerated Meals

- 1) Turkey Dinner: roasted turkey breast, whipped garlic potatoes, seasonal vegetables, turkey gravy
\$65
- 2) Roast Beef Dinner: shaved roast beef, finished to medium rare, whipped garlic potatoes, seasonal vegetables and au jus
\$65
- 3) Lasagna Dinner: cheesy beef lasagna
\$45
- 4) Cottage Pie Dinner: ground beef sauteed with peas, carrots and corn, potatoes and blended cheese
\$45
- 5) Grilled Chicken Dinner: 4 oz grilled chicken breast fillets, roasted potatoes, seasonal vegetables, mushroom sauce
\$55
- 6) Roast Chicken Dinner: quarter chickens, roast potatoes with dill cream sauce, seasonal vegetables
\$55