



## MENU – December 2018

### **Roasted Garlic/Cheddar Mashed Yams-*side dish***

Mashed yams with savoury thyme & cheddar with sweet roasted garlic perfect side for the holidays

### **Brussels Sprouts with Pancetta- *side dish***

Festive roasted sliced brussels sprouts, with salty pancetta & then tossed in a lemon sherry dressing. No fuss homerun.

### **New! Holiday Herbed Beef Meatballs**

Amazingly delicious beef meatballs. Fantastic new appie to wow your friends for this festive season. So flavourful with cilantro, parsley, coriander, cumin, garlic and smoked paprika. Sure, to be a new favourite!

### **\*Pork Loin -Stuffed with goat cheese, spinach, pancetta, and herbs with a festive cranberry balsamic sauce.**

This dish was inspired by beautiful BC cranberries from a local cranberry grower. First we butterfly the Pork Loin & stuff it with goat cheese, spinach, pancetta, rosemary & thyme. Wow. Drizzled with a tangy & sweet cranberry balsamic sauce.

### **Mediterranean Fish Stew- *one pot wonders***

Tomato based fish stew with chunks of salmon, shrimp and tilapia, in a tomato/white wine, based broth with fennel and spices. We suggest you serve it with a crunchy loaf of French stick to soak up this hearty fish stew.

### **\*Sweet Italian Sausage & Leek Breakfast Casserole- *freezer to oven***

Imagine you wake up on Christmas morning and all you have to do is place this delectable breakfast casserole in the oven. Eggs, bread, Italian sausage, leeks, fresh herbs and touch of cream. Wonderful breakfast dish to please a crowd.

### **\*Chipotle Chicken with Apricots and Brie Quesadillas-*freezer to oven***

Great as an appetizer for the holidays or as a main. Cooked chicken breast tossed in an adobo sauce then placed into a quesadilla with brie cheese, apricots and cilantro. A wonderful play on sweet with a little heat and of course yum!

### **\*Chicken Supreme Stuffed with a Traditional Stuffing (4 chicken breasts)**

Who wants a little taste of Thanksgiving? Beautiful chicken breasts with skin on and leg-bone in, stuffed with yummy traditional-style stuffing. For a little more flavour, we add herbed garlic butter under the skin. Mmmm.

## **Favourites- Yup these are on the menu all of the time!**

### **Traditional and Delicious Meat Lasagna-*freezer to oven***

Now a regular favourite on our menu! Layers of fresh lasagne noodles, lean ground beef and sausage, luscious tomato sauce, and ricotta/mozzarella cheese. Fantastic and easy dinner that everyone will love

### **Baked Penne Pasta-*freezer to oven***

This is a simple recipe that the kids will love. Baked penne with mozzarella, smothered with a delicious sweet tomato sauce and for mom, a little bit of nutritious spinach! Yummy and a sure hit.

### **Channa Saag Paneer – *one pot wonders***

Wonderful meatless favourite with chickpeas, fresh paneer cheese, tonnes of healthy spinach & an array of Indian spices.

### **Triple Cheese Mac with Butternut Squash- *freezer to oven, vegetarian***

We were listening. Make weeknights a breeze with this family friendly delicious baked mac. Kids love this recipe and you will feel good about what they are eating with the addition of butternut squash

### **\*Chicken Tenders- *freezer to oven***

Real natural chicken (no fillers or pump) dipped in egg and coated in whole-wheat flour, panko and spices. Perfect for the kids or you! Bake off or fry in pan, making homemade dinners easy and happily eaten.

### **Chicken Burritos- *freezer to oven***

Great meal for family night or pull one out for an easy individual meal. This delicious healthful burrito is filled with lean chicken, fibre rich black beans, tomatoes, Mexican spices and cheese. Our burritos are just right, not too spicy.

### **Beef Burritos- *freezer to oven***

Great meal for family night or pull one out for an easy individual meal. This delicious healthful burrito is filled with lean ground beef, fibre rich black beans, tomatoes, Mexican spices and cheese. Our burritos are just right, not too spicy.



\* All Well Fed Chicken & Pork are free run, antibiotic and hormone free