

### Breakfast Items \$6.50

- 619 - NEW - Fruit & Yogurt Parfait
- 620 - NEW - Home-made granloa with cranberries & almonds
- 619 - 3 Hashbrowns

### Breakfast Items \$7.75

- 609 - Breakfast Sandwich - English muffin, sausage, egg & Cheddar (fresh)
- 610 - Breakfast Platter - western omelet with 1 sausage, 1 bacon and country fried hash browns
- 611 - Breakfast Burrito - hash browns, bacon, ham, peppers, onion, egg & cheddar
- 614 - Breakfast Croissant (fresh) Denver omelette, cheddar & bacon
- 615 - New - Ham & Cheese Quiche 4"
- 616 - New - Pumpkin Spice Overnight Oats (fresh) - vn
- 617 - New - Banana Bread Overnight Oats (fresh) - vn
- 618 - New - Apple Pie Overnight Oats (fresh) - vn

### Desserts \$2.75 (Includes all taxes)

- 311 - NEW - Morning Glory Muffin
- 313 - Butterscotch Pudding
- 314 - Chocolate Pudding
- 315 - Tapioca Pudding
- 316 - Sugar Free Vanilla Pudding
- 317 - Vanilla Pudding
- 323 - NEW - Caramel Coffee Cake Muffin
- 327 - NEW - Vanilla Yogurt

### Desserts \$5.50 (Includes all taxes)

- 201 - Carrot Cake
- 202 - Chocolate Brownie
- 204 - Butter Tarts (2)
- 207 - Black Forest Cake
- 209 - Nanaimo Bars (2)
- 312 - NEW - Sticky Toffee Pudding
- 318 - Lemon Cheese Cake Squares
- 319 - Berry Trifle - (made fresh)
- 320 - Fresh Baked Cookies (3)
- 328 - NEW - Apple Pie Croissant with fresh whipped cream

### Desserts \$6.75 (Includes all taxes)

- 300 - 5" Apple Crumble Pie
- 302 - NEW - 5" Pumpkin Pie (low sugar) with fresh whipped cream

### Sandwiches \$8.50

- 922 - Chicken Salad on brown bread
- 926 - Ham and Cheese - on a multigrain kaiser
- 927 - Egg Salad - on sourdough bread
- 929 - Tuna Salad Croissant
- 931 - Clubhouse Wrap - turkey, bacon, tomato, cheddar, onion, ranch

### Sandwiches \$9.50

- 928 - Reuben - (piled high with) corned beef sauerkraut and swiss cheese
- 934 - Prime Rib Burger - lettuce, tomato and pickle on the side
- 944 - Super Sub Sandwich - turkey, ham, pepperoni, cheese, tomato and onion
- 949 - Grilled Chicken Burger - cheddar, tomato, red onions

### Sandwiches \$10.25

- 930 - Beyond Meat Burger - vn
- 932 - Beef Dip - 8oz slow roasted beef on a toasted roll with au jus on the side

### Salads \$8.00

ADD A PROTEIN TO ANY SALADS BELOW \$8.00

- 335 - 4 Large Prawns - \$6.00
- 342 - Grilled Chicken Breast 5oz - \$5.50
- 936 - Fruit Salad
- 937 - Greek Salad
- 938 - Caesar Salad
- 948 - Autumn Quinoa Salad - mix greens, dates, pecans, apples, maple dressing
- 940 - Fresh Veggies and house made hummus
- 945 - Deluxe Mixed Green Salad
- 947 - Spinach Salad - goat cheese, pumpkin seeds, cranberries, red onion & pear with raspberry vinaigrette

### Salads \$9.75

- 939 - Chef's Salad - ham, turkey, cheese and egg with ranch dressing
- 946 - Shrimp Cocktail - 6 jumbo prawns with a slice of lemon and cocktail sauce

**\*\*Legend\*\***  
GLUTEN FREE = gf  
VEGAN = vn  
VEGETARIAN = vg

Foods Services Inc.

7624 Winston Street  
Burnaby, BC V5A 2H4

## MEAL SERVICE

604-435-1994

Toll Free: 1-855-768-1994

[www.casalinga.ca](http://www.casalinga.ca)

Fresh & Frozen  
Meals  
for Everyone

100% Whole Foods

*\*No Preservatives*

*\*Nothing Processed*

Free Delivery  
Once a Week in Your Area  
With Min \$ 50.00 Purchase

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

10/14/2021

### Drinks \$2.25

- 101 - Diet Coke
- 103 - Root Beer
- 105 - 7up
- 106 - Assorted Bubby sparkling water \$2
- 100 - Coke
- 102 - Ginger Ale
- 104 - Iced Tea

### Juice \$3.00

- 107 - Orange
- 109 - Apple
- 108 - Pink Grapefruit
- 110 - Cranberry

### Condiments \$2.25

- 220 - Gravy
- 223 - Cranberry
- 228 - Plum Sauce
- 230 - Ranch
- 222 - Horseradish
- 224 - Sour Cream
- 229 - Honey Mustard
- 231 - Franks Hot Sauce

### 16 oz Soup \$6.25

- 212 - NEW - Creamy Chicken Tortellini
- 213 - Split Pea and Ham
- 214 - Sweet Potato, Carrot & Ginger - gf, vn
- 216 - NEW - Braised Beef Vegetable & rice - gf
- 218 - NEW - Roasted butternut squash with brown butter - gf
- 219 - Chicken Noodle
- 221 - Broccoli Chicken Chowder
- 225 - Wild BC Mushroom - vg
- 227 - Boston Clam Chowder with bacon

### Individual Pies \$7.50

- 301 - Chicken Pot Pie
- 307 - Beef Steak & Mushrooms Pie

### Individual Meals \$6.25

- 303 - Twice Baked Potato - Sour Cream, bacon, cheese and green onions - gf
- 305 - Perogies & Smokies with sauteed onions & Cheese

### Individual Meals \$8.75

- 005 - Gluten Free Pasta with rose sauce and grilled vegetables - gf, vg
- 006 - Baby Back Ribs - braised with cabbage - gf
- 007 - 1/4 Rotisserie Chicken - gf
- 401 - Spaghetti and Meatballs
- 402 - Spinach and Cheese Cannelloni - vg
- 404 - Lasagna - meat and cheese
- 405 - Teriyaki Chicken stir-fry
- 406 - Southern Fried Chicken Wings sauce on the side
- 407 - Chicken Fingers - plum sauce on the side
- 408 - Macaroni & Cheese - vg
- 409 - 3 Cabbage Rolls - pork & rice - gf
- 410 - Vegan Mac & Cheese with broccoli - vn
- 411 - NEW - Spareribs in honey garlic sauce
- 412 - Vegan Pakora Stack with green beans & Quinoa - gf, vn
- 413 - Beef Stew - gf
- 414 - Chicken Chow Mein
- 418 - NEW - Vegan Spaghetti and meatballs - vn
- 419 - NEW - Chicken Stew baked with biscuits
- 421 - Chili - made with lean ground beef
- 422 - Fish Pie - white fish, scallops, shrimp topped with whipped cheesy potato
- 425 - Chicken Alfredo with penne pasta
- 226 - Wor Wonton - Ramen Noodle wontons, BBQ pork, prawns, broccoli, pea pods, green onions & carrots
- 427 - Sweet & Sour pork on rice
- 500 - Shepherd's Pie - gf
- 501 - Butter Chicken on basmati rice - gf
- 516 - NEW - Thai Curry Meatballs on rice - gf

### Pizza \$8.50

- 502 - Deluxe - ham, pepperoni, mushroom, green pepper, onion & black olives
- 510 - Hawaiian - ham, bacon and pineapple
- 512 - Mediterranean - goat cheese, roasted red peppers, artichokes, olives and red onion

### Entrees \$10.00

- 503 - Baked Ham - scalloped potatoes and peas
- 504 - 1/4 Rotisserri Chicken with mashed potatoes and roasted butternut squash
- 505 - Liver and Onions- roasted potatoes and buttered rutabaga and carrots
- 506 - Salisbury Steak- topped with sherry mushroom sauce, sour cream and onion mashed potatoes and peas/carrots
- 507 - Roast Beef- mashed potatoes & gravy with mixed veggies - gf
- 601 - Cheddar Chicken roasted sweet potatoes and garlicky green beans
- 602 - Meatloaf - macaroni & cheese and corn
- 605 - Southern Fried Chicken - roasted potatoes and buttered corn
- 607 - Bangers and Mash - 2 beef sausages, with mashed potatoes & peas with gravy
- 612 - Chicken Cordon Blue - with mashed potatoes & brown, and butter carrots
- 701 - Chicken Parmesan pasta primavera and garlicky green beans

### Entrees \$10.00

- 703 - Roast Turkey - white and dark meat on top of stuffing with mashed potatoes, pan roasted brussel sprouts & gravy
- 704 - NEW - Chicken Marsala - red-wine sauce mashed potatoes and mushrooms

### Entrees \$11.00

- 800 - Porchetta pan jus, mushroom risotto, brown and butter carrots
- 801 - Stuffed Sole Filet - crab, shrimp and scallops with rice pilaf and green beans
- 802 - Flame Grilled Salmon - Maple Chili glaze, rice pilaf and green beans
- 804 - BBQ Baby Back Ribs - mac & cheese & corn

### Family Size Meals \$ 20.00

- 911 - Rotisserie Chicken - (Fresh)
- 913 - Mac & Cheese
- 919 - Meat & 5 cheese lasagna
- 920 - Butter Chicken on basmati rice - gf
- 921 - Cabbage Rolls - pork & rice - gf

### Family Size Meals \$26.25

- 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

**CASALINGA**