

*Select Items are available in 2 sizes: Regular & Small			
Regular Approx. 15 Servings		Small Approx. 6 Servings	
FAMILY SIZE MENU	COST	Qty.	COST
Beef Lasagna	\$28.00		
Beef Stew	\$28.00		
*Butter Chicken	\$27.00		
Cabbage Rolls	\$23.00		
Chicken Primavera	\$28.00		
*Chicken Stir Fry	\$29.00		
Chili con Carne	\$16.00		
*Macaroni & Cheese	\$21.00		
Perogies (Potato & Cheddar)	\$17.00		
Shepherd's Pie	\$28.00		
*Spaghetti Bake	\$24.00		
Vegetarian Chili	\$15.00		
Small: *Butter Chicken	\$14.00		
Small: *Chicken Stir Fry	\$14.00		
Small: *Spaghetti Bake	\$12.00		
Small: *Macaroni & Cheese	\$11.00		
Side: Rice	\$7.00		
Side: Roast Potatoes	\$7.00		
Side: Mixed Vegetables	\$7.00		
MUFFINS, COOKIES, CRISPS & BISCUITS			
Muffin: Banana Flax Muffins (Qty. 9)	\$4.50		
Muffin: Blueberry Bran (Qty. 9)	\$4.50		
Muffin: Raisin Bran (Qty. 9)	\$4.50		
Cookies: Key Lime (Qty. 13)	\$4.50		
Cookies: Peanut Butter (Qty. 13)	\$4.50		
Cookies: Raisin Oatmeal (Qty. 13)	\$4.50		
*Crisp: Apple	\$13.00		
*Crisp: Peach	\$13.00		
*Crisp: Rhubarb Strawberry	\$13.00		
*Small Crisp: Apple	\$6.75		
*Small Crisp: Peach	\$6.75		
*Small Crisp: Rhubarb Strawberry	\$6.75		
Biscuit: Tea (Qty. 9)	\$4.50		
Biscuit: Herb & Cheese (Qty. 9)	\$4.50		
TOTAL FAMILY SIZE / BAKED GOODS			
Ask about Renal, Gluten-Free & Texture Modified Options.			

Name _____			
Address _____			
Phone: Home _____ Cell _____			
ENTREES			
	COST	Qty.	COST
Baked Ham & Orange Sauce	\$6.50		
BBQ Pork Ribette	\$6.50		
Breaded Fish Fillet	\$6.50		
Butter Chicken	\$6.50		
Cabbage Rolls	\$6.50		
Chicken Stir Fry	\$6.50		
Parmesan Chicken Breast	\$6.50		
Hearty Beef Stew	\$6.50		
Macaroni & Cheese	\$6.50		
Beef Lasagna	\$6.50		
Meatballs with Mushroom Sauce	\$6.50		
Pork Cutlet with Gravy	\$6.50		
Roast Beef with Gravy	\$6.50		
Roast Turkey	\$6.50		
Salisbury Steak	\$6.50		
Shepherd's Pie	\$6.50		
SOUP MENU - 750 ml container - 3 servings			
Beef Barley	\$5.00		
Borscht	\$5.00		
Chicken Barley	\$5.00		
Chicken Noodle	\$5.00		
Corn Chowder	\$5.00		
Cream of Carrot	\$5.00		
Cream of Pea	\$5.00		
Minestrone	\$5.00		
TOTAL ENTRÉE / SOUP			
TOTAL BAKED GOODS / FAMILY SIZE			
TOTAL BOTH COLUMNS			

Submit orders Phone: 403-934-9090, Fax: 403-934-9942
Email: fcss@strathmore.ca or In Person at Strathmore FCSS

All menu options & pricing are subject to change without notice.