

Strathmore Frozen Meal Order Sheet

Delivery Date: _____

Name: _____

Payment : _____

Address: _____

Phone: _____

	MENU ITEM	SERVINGS	PRICE	QTY	TOTAL
Individual Meals: Only available frozen. Each meal includes a protein, starch, and vegetable.					
QTY	MENU ITEM	SIZE	PRICE	TOTAL	
Individual Meals: Only available frozen. Each meal includes a protein, starch, and vegetable.					
	Beef Braised [GF]	1 each	\$ 7.00	\$ -	
	Beef Cabbage Rolls	1 each	\$ 7.00	\$ -	
	Beef Cabbage Rolls [GF]	1 each	\$ 7.00	\$ -	
	Beef Hearty Beef Stew [GF]	1 each	\$ 7.00	\$ -	
	Beef Hearty Beef Stew [R]	1 each	\$ 7.00	\$ -	
	Beef Lasagna - New!	1 each	\$ 7.00	\$ -	
	Beef Meatballs with BBQ Sauce	1 each	\$ 7.00	\$ -	
	Beef Pulled Poutine(GF) NEW!	1 each	\$ 7.00	\$ -	
	Beef Salisbury Steak	1 each	\$ 7.00	\$ -	
	Beef Salisbury Steak [R]	1 each	\$ 7.00	\$ -	
	Beef Shepherd's Pie [GF & R]	1 each	\$ 7.00	\$ -	
	Beef Swiss [GF]	1 each	\$ 7.00	\$ -	
	Chicken Butter Chicken Bowl [GF & R]	1 each	\$ 7.00	\$ -	
	Chicken Chow Mein	1 each	\$ 7.00	\$ -	
	Chicken Sausage & French Toast- NEW!	1 each	\$ 4.00	\$ -	
	Chicken Sausage Hash Bowl - NEW!	1 each	\$ 4.00	\$ -	
	Chicken Schnitzel - NEW!	1 each	\$ 4.00	\$ -	
	Chicken Stir Fry	1 each	\$ 7.00	\$ -	
	Chicken Stir Fry [R]	1 each	\$ 7.00	\$ -	
	Chicken Tandoori [GF & R]	1 each	\$ 7.00	\$ -	
	Chicken w Creamy Parmesan Sauce [GF]	1 each	\$ 7.00	\$ -	
	Chicken w Creamy Parmesan Sauce [R]	1 each	\$ 7.00	\$ -	
	Chicken w Gravy [GF]	1 each	\$ 7.00	\$ -	
	Fish Steamed Hake w BBQ Sauce [GF] NEW!	1 each	\$ 4.00	\$ -	
	Fish Steamed Salmon w Dill Sauce [GF]	1 each	\$ 7.00	\$ -	
	Fish Steamed Salmon w Dill Sauce [R]	1 each	\$ 7.00	\$ -	
	Pork Bacon & Pancakes (R) - NEW!	1 each	\$ 4.00	\$ -	
	Pork Bourbon [GF]	1 each	\$ 7.00	\$ -	
	Pork Griddle Cakes & Scrambled Eggs - NEW!	1 each	\$ 4.00	\$ -	
	Pork Loin w Korean BBQ Sauce	1 each	\$ 7.00	\$ -	
	Pork Ribette [GF]	1 each	\$ 7.00	\$ -	
	Pork Western Frittata & Potato Wedges(GF)- NEW!	1 each	\$ 4.00	\$ -	
	Turkey Roast	1 each	\$ 7.00	\$ -	
	Vegetarian Chili w Beans & Lentils [GF]	1 each	\$ 7.00	\$ -	
	Vegetarian Egg Bites & Potato Wedges (GF) NEW!	1 each	\$ 4.00	\$ -	

Vegetarian Lasagna w Squash & Spinach	1 each	\$ 7.00	\$ -	
Vegetarian Macaroni & Cheese	1 each	\$ 7.00	\$ -	
Vegetarian Mushroom Ravioli	1 each	\$ 7.00	\$ -	
Vegetarian Shepherd's Pie w Soy Crumble	1 each	\$ 7.00	\$ -	
Trepuree Beef Old Fashioned	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Beef Roast	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Beef Stroganoff	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Chicken Roast	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Fish Newburg	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Fish Salmon	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Pork BBQ	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Pork Ham	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Pork Roast	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Turkey A La King	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Vegetarian Mac & Cheese	1 each, Pureed	\$ 4.00	\$ -	
Trepuree Vegetarian Vegan Bean Medley	1 each, Pureed	\$ 4.00	\$ -	
Entrees: Only available frozen. Pair with sides at home for a complete meal!				
Beef Cabbage Rolls [GF]	Svgs 16	\$ 32.00	\$ -	
Beef Chili Con Carne [GF]	Svgs 16	\$ 28.00	\$ -	
Beef Hearty Beef Stew [GF]	Svgs 16	\$ 32.00	\$ -	
Beef Lasagna	Svgs 16	\$ 43.00	\$ -	
Beef Macaroni Goulash	Svgs 16	\$ 30.00	\$ -	
Beef Meatballs w Gravy	Svgs 16	\$ 32.00	\$ -	
Beef Meatloaf w BBQ Sauce	Svgs 16	\$ 32.00	\$ -	
Beef Mexican Casserole [GF]	Svgs 16	\$ 30.00	\$ -	
Beef Shepherd's Pie [GF]	Svgs 16	\$ 32.00	\$ -	
Beef Spaghetti Bake	Svgs 16	\$ 32.00	\$ -	
Beef Stir Fry	Svgs 16	\$ 46.00	\$ -	
Chicken Butter Chicken [GF]	Svgs 16	\$ 44.00	\$ -	
Chicken Chowmein [Halal-Style]	Svgs 16	\$ 23.00	\$ -	
Chicken Coconut Curry Stew	Svgs 16	\$ 44.00	\$ -	
Chicken Fajita w Mushroom Gravy [GF]	Svgs 16	\$ 42.00	\$ -	
Chicken Greek Drumsticks [GF]	Svgs 16	\$ 21.00	\$ -	
Chicken Nuggets	Svgs 16	\$ 45.00	\$ -	
Chicken Stir Fry	Svgs 16	\$ 44.00	\$ -	
Chicken Tandoori [GF]	Svgs 16	\$ 32.00	\$ -	
Chicken Tenders	Svgs 16	\$ 50.00	\$ -	
Pork BBQ Riblets [GF]	Svgs 16	\$ 37.00	\$ -	
Pork Bourbon [GF] - NEW!	Svgs 16	\$ 46.00	\$ -	
Turkey Meatballs w Turkey Gravy [GF]	Svgs 16	\$ 50.00	\$ -	
Vegetarian Chili w Beans & Lentils [GF]	Svgs 16	\$ 24.00	\$ -	
Vegetarian Coconut Curry w Chickpeas [GF]	Svgs 16	\$ 25.00	\$ -	
Vegetarian Lasagna w Squash & Spinach (Large)	Svgs 24	\$ 66.45	\$ -	
Vegetarian Macaroni & Cheese	Svgs 16	\$ 23.00	\$ -	
Vegetarian Mexican Bean & Rice Casserole [GF]	Svgs 16	\$ 23.00	\$ -	
Vegetarian Paneer Tikka Masala [GF]	Svgs 16	\$ 42.00	\$ -	
Vegetarian Potato & Cheddar Perogies	Svgs 16	\$ 21.00	\$ -	
Vegetarian Shepherd's Pie w Soy Crumble	Svgs 16	\$ 30.00	\$ -	
Vegetarian Tofu Vegetable Stir Fry	Svgs 16	\$ 24.00	\$ -	

Vegetarian Tofu w Creamy Parmesan Sauce [GF]	Svgs 16	\$ 24.00	\$ -	
Vegetarian Veggie & Egg Chowmein	Svgs 16	\$ 23.00	\$ -	
Small, Beef Spaghetti Bake	Svgs 6	\$ 13.00	\$ -	
Small, Chicken Butter Chicken [GF]	Svgs 6	\$ 22.00	\$ -	
Small, Chicken Stir Fry	Svgs 6	\$ 21.00	\$ -	
Small, Vegetarian Macaroni & Cheese	Svgs 6	\$ 12.00	\$ -	
Soups: Only available frozen. Add some biscuits for delicious dipping!				
Beef Barley [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Chicken Barley [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Chicken Noodle [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Summer Carrot [GF] - NEW!	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Cauliflower & Cheddar [GF]	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Minestrone [R]	750ml, Svgs 3	\$ 5.00	\$ -	
Vegetarian Tomato Pasta - NEW!	750ml, Svgs 3	\$ 5.00	\$ -	
Desserts & Snacks: Only available frozen. Includes muffins, biscuits, cookies, crisps, etc.				
Biscuits, Herb & Cheddar	Qty 12	\$ 7.00	\$ -	
Biscuits, Scone Blueberry White Chocolate NEW!	Qty 12	\$ 7.00	\$ -	
Biscuits, Tea	Qty 12	\$ 7.00	\$ -	
Cookies, Key Lime	Qty 18	\$ 7.00	\$ -	
Cookies, Monster	Qty 18	\$ 7.00	\$ -	
Cookies, Peanut Butter	Qty 18	\$ 7.00	\$ -	
Cookies, Raisin Oatmeal	Qty 18	\$ 7.00	\$ -	
Crisp, Apple	Svgs 8	\$ 8.00	\$ -	
Crisp, Peach	Svgs 8	\$ 8.00	\$ -	
Muffins, Apple Rhubarb - NEW!	Qty 12	\$ 7.00	\$ -	
Muffins, Banana Blueberry - NEW!	Qty 12	\$ 7.00	\$ -	
Muffins, Banana Flax Choco Chip	Qty 12	\$ 7.00	\$ -	
Muffins, Lemon Raspberry - NEW!	Qty 12	\$ 7.00	\$ -	
Muffins, Mixed Berry	Qty 12	\$ 7.00	\$ -	
Muffins, Morning Glory	Qty 12	\$ 7.00	\$ -	
ORDER TOTAL			\$ -	