

INDIVIDUAL MICROWAVE MEALS

Sliced Beef with Gravy and Mashed Potatoes

Slow Roasted Ham with Scallop Potatoes

Haddock & Rice

Parmesan Crusted Salmon Alfredo w/Veg

Lemon & Herb w/ Vegetables

Garlic Shrimp w/pasta & Vegetables

Oven Roasted Turkey with Mashed Potatoes

Cabbage Rolls & Mashed Potatoes

Shepherds Pie with Brownie

Fettuccini Alfredo with Chicken & Grilled

Vegetables

Penne & Meatball

Lazy Lasagna w/Ricotta

Buffalo Chicken Penne

Oven Roasted Chicken Breast with Mashed

Potatoes

Chicken Balls w/ Vegetable Fried Rice

Lemon Chicken w/vegetable

Sweet & Sour Pork w/ Vegetable Fried Rice

Swedish Meatballs with Egg Noodle

Macaroni & Cheese

Hot Hamburger with sautéed onions & Mashed

Potatoes

Breakfast Hash with Sausage

Meatloaf with Mashed Potatoes

BBQ Chicken with Garlic Mashed

Pancakes with Sausage

Chicken Cacciatore

Honey Garlic Chicken w/ Garlic Mashed

Beef Stew

BBQ Ribs with Baked Beans

Seafood Pasta

Chicken Breast w/mushroom onion gravy & Green
Beans

Perogies w/fried onions & bacon

Mushroom Ravioli w/Alfredo sauce

Manicotti w/ Meatballs

Bangers & Mashed

Butter Chicken w/ basmati rice

Pork Loin w/ Mashed potatoes

Stuffed Chicken w/broccoli w/Roasted
Vegetables

All Meals are \$7.00

Prices are subject to change without notice

COME IN AND CHECK IT OUT!!

WE ARE ALWAYS ADDING NEW VARIETIES