

# Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

June 1-16

## Frozen Foods

01. Individual FROZEN dinners		
101 -Indiv	Vegetarian Lasagna	\$5.49
Our classic recipe made for Vegetarians.		
102 -Indiv	Chicken Lasagna	\$5.99
Slow simmered sauces & white chicken, layered with pasta.		
103 -Indiv	Beef Lasagna	\$5.99
Marinara sauce, beef, pasta and loads of cheese!		
104 -Indiv	Vegetarian Chili with Cheese	\$5.25
Chili with fresh veggies & beans, topped with cheese!		
105 -Indiv	Chicken Chili with Cheese	\$5.99
Chili with chunks of chicken, veggies, beans & cheese.		
106 -Indiv	Beef Chili with Cheese	\$6.49
Bubbling beef chili topped with cheese		
107 -Indiv	Sausage & Beans Dinner	\$6.75
Tender Farmers sausage, homemade mac. & cheese and beans		
108 -Indiv	Creamy Mushroom Alfredo	\$5.25
Penne pasta in a light & creamy mushroom sauce, delicious.		
109 -Indiv	Macaroni & Cheddar Bake	\$5.25
Like old fashioned mac & cheese with crumb topping.		
110 -Indiv	Macaroni & Cheddar Bake w. ham	\$5.75
Chunks of juicy honey ham go into this pasta!		
111 -Indiv	Italian Pasta w. Meat Sauce	\$5.99
Slow simmered Italian meat sauce with pasta & cheese.		
112 -Indiv	Vegan Curry w. Basmati rice (V)	\$4.99
Delicious mild curry with vegetables served w. basmati rice.		
113 -Indiv	Chicken Stew	\$5.85
Comfort food in a bowl. Juicy chicken and root veggies.		
114 -Indiv	Chicken Curry w. Basmati rice	\$5.80
Chicken, chick peas & veggies, in a mild curry sauce.		
115 -Indiv	Tuna Casserole	\$6.25
Delicious chunks of tuna, veggies & egg noodles in a creamy sauce		
116 -Indiv	Shepherd's Pie	\$6.59
A classic dish topped w. cheesy mashed potatoes.		
117 -Indiv	Peroghy Casserole	\$5.85
Layers of homemade pasta, potatoes, onions & cheddar.		
118 -Indiv	Peroghy Casserole & Cabbage rolls	\$6.15
Vegan cabbage rolls w. our classic peroghy casserole.		
119 -Indiv	Sweet & Sour Meatball dinner	\$6.25
Succulent meatballs with garden peas, pineapple & rice pilaf.		
120 -Indiv	Vegetarian Moussaka	\$6.25
Greek style, eggplant, feta, roasted potatoes & rich Bechamel sauce.		
121 -Indiv	Beef Moussaka	\$6.49
Greek style, eggplant, feta, roasted potatoes & rich Bechamel sauce.		
122 -Indiv	Meatloaf w. tomato sauce	\$6.25
Tasty & tender Meatloaf w. mashed potatoes, peas & carrots		
123 -Indiv	Pork Stroganoff	\$6.49
Succulent Pork in sour cream sauce w. veggies & egg noodles		
124 -Indiv	Sweet & Sour Pork	\$6.25
Tender Pork w. pineapple, peppers, carrots & rice pilaf.		
125 -Indiv	Baked Virginia Ham Dinner	\$5.75
Succulent sliced Ham with Scalloped Potatoes & Green beans		
126 -Indiv	Beef Stew	\$6.25
Made with a wee touch of Irish Stout. Hearty & satisfying!		
127 -Indiv	Japanese Chicken Wings	\$6.49
Sweet honey glazed wings w. rice pilaf & garden peas.		
128 -Indiv	Barbeque Chicken Dinner	\$6.75
With mashed potatoes, garlic buttered corn & carrots.		
129 -Indiv	Roast Herb Chicken Dinner	\$6.75
With cranberry stuffing, mashed potatoes & garlic buttered corn.		
130 -Indiv	Beef Pot Roast	\$7.49

**NEW!** Flour free pan gravy, potatoes, roast carrots, parsnips & corn

**For a list of Frozen Customer Favorites & Frozen Soup Concentrate. See back side of page**

131 -Indiv	Three Cheese Penne Pasta	\$5.75
Pasta in red sauce topped w cheese, peppers & onions (vegetarian).		
132 -Indiv	Salisbury Steak Dinner	\$6.49
With delicious homemade gravy, mashed potatoes, mushrooms & peas		
133 -Indiv	Chicken Cacciatore	\$6.49
A garlic butter rosette top's this tasty pasta with chicken dish!		
134 -Indiv	Louisiana Pulled Pork	\$6.49
Slow roasted Pork w. Homemade BBQ sauce potatoes & corn		
135 -Indiv	Vegan Cabbage rolls	\$6.25
In luscious tomato sauce filled with rice, great for vegans.		
136 -Indiv	Teriyaki Salmon Dinner	\$6.85
With delicious brown rice & Chinese stir-fry vegetables		
137 -Indiv	Meatballs & Gravy Dinner	\$6.25
Homemade meatballs & gravy w. potatoes, corn & red pepper sauté.		
138 -Indiv	<b>NEW!</b> Roast Turkey Dinner	\$6.75
With pan gravy, mashed potatoes, cranberry stuffing, peas & carrots		
139 -Indiv	<b>NEW!</b> Scalloped Potatoes	\$4.99
Creamy, Delicious and <b>Flour Free!</b>		

02. FROZEN Family sized dinners serve (3-4) 1kg.		
101 -1kg.	Vegetarian Lasagna	\$12.99
102 -1kg.	Chicken lasagna	\$13.99
103 -1kg.	Beef lasagna	\$13.99
104 -1kg.	Vegetarian Chili w. Cheese	\$12.49
105 -1kg.	Chicken chili w. cheese	\$13.69
106 -1kg.	Beef chili w. cheese	\$13.99
108 -1kg.	Penne Mushroom Alfredo pasta	\$12.49
109 -1kg.	Cheddar penne bake vegetarian	\$12.49
110 -1kg.	Cheddar penne w. ham bake	\$13.69
113 -1kg.	Chicken Stew	\$13.49
114 -1kg.	Chicken curry w. Basmati rice	\$13.49
116 -1kg.	Shepherd's Pie	\$14.69
117 -1kg.	Peroghy casserole	\$13.99
120 -1kg.	Vegetarian Moussaka	\$14.99
121 -1kg.	Beef Moussaka	\$14.99
126 -1kg.	Beef Stew	\$14.69
137 -1kg.	Meatballs & Gravy	\$14.89
138 -1kg.	<b>NEW!</b> Roast Turkey Dinner	\$14.99
139 -900 g.	Scalloped Potatoes <b>Flour Free!</b>	\$10.99

03. FROZEN Party sized dinners 2.5kg.		
101 -2.5kg.	Vegetarian Lasagna (Ser. 6-8)	\$31.99
102 -2.5kg.	Chicken Lasagna (Ser. 6-8)	\$33.99
103 -2.5kg.	Beef Lasagna (Ser. 6-8)	\$34.99
104 -2.5kg.	Vegetarian Chili (Ser. 6-8)	\$29.99
105 -2.5kg.	Chicken chili (Ser. 6-8)	\$33.49
106 -2.5kg.	Beef Chili (serves 6-8)	\$33.99
108 -2.5kg.	Penne Mush. Alfredo (Ser. 6-8)	\$31.99
112 -2.5kg.	Vegan Curry (Ser. 6-8) (V)	\$32.99
113 -2.5kg.	Chicken Stew (Ser. 6-8)	\$32.99
114 -2.5kg.	Chicken Curry (ser. 6-8)	\$33.99
116 -2.5kg.	Shepherd's Pie (Ser. 6-8)	\$36.99
117 -2.5kg.	Peroghy casserole (Ser. 6-8)	\$34.99
119 -3dz.	Sweet & Sour Meat Balls 3dz.	\$29.99
120 -2.5kg.	Veg. Moussaka (Ser. 6-8)	\$36.99
121 -2.5kg.	Beef Moussaka (Ser. 6-8)	\$36.99
126 -2.5kg.	Beef Stew (Ser. 6-8)	\$35.99
131 -2.5kg.	3-Cheese Penne Pasta (Ser. 6-8)	\$31.99
135 -24pc.	Vegan Cabbage Rolls (24-pc.)	\$32.99
137 -3dz.	Meatballs & Gravy 3dz.	\$29.99

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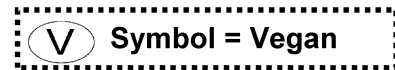
June 1-16

## Frozen Foods

4 FROZEN CUSTOMER FAVORITES		
500 -5"	<b>NEW!</b> 5 inch Ham Quiche	\$4.49
500 -9"	9 inch Ham Quiche	\$14.49
501 -5"	<b>NEW!</b> 5 inch Vegetarian Quiche	\$4.49
501 -9"	9 inch Vegetarian Quiche	\$14.49
517 -5"	<b>NEW!</b> 5 inch Chicken Quiche	\$4.49
517 -9"	9 inch Chicken Quiche	\$14.49
518 -5"	<b>NEW!</b> 5" Spinach & Mushroom Quiche	\$4.49
518 -9"	9 inch Spinach & Mushroom Quiche	\$14.49
503 -5"	5 inch Chicken pot pie	\$5.49
503 -9"	9 inch Chicken Pot Pie (Ser. 4-5)	\$22.99
504 -6pc.	Crab Cakes (6)	\$10.99
505 -6pc.	Potato, vegetable & feta pancakes	\$8.99
506 -8pc.	Vegan bites (8) (V)	\$6.99
507 -4pc.	Vegan burger patties (4) (V)	\$8.99
508 -4pc.	Beef cosmic burgers (4)	\$9.99
512 -ea.	Beef burrito (single)	\$5.99
513 -ea.	Chicken burrito (single)	\$5.89
514 -1dz.	Garlic Bread (12 pc)	\$7.99
515 -ea.	Cream Brie Apple Chicken 189gr	\$5.25
516 -sm	Hummus 8 oz (V)	\$4.49
520-ea	Homemade Gravy 4oz	\$1.15
530-ea.	<b>SALE!</b> Vegetarian Pizza Turnover	\$3.99
531-ea.	<b>SALE!</b> Hawaiian Pizza Turnover	\$3.99
532-ea	<b>SALE!</b> Pepperoni & Bacon Turnover	\$3.99
6 DESSERTS		
602 -ea.	Apple Crisp	\$4.99
each	Individual Yogurt	\$1.69
604-ea	Rhubarb Strawberry Crisp <i>flourless!</i>	\$4.99
605 -1/2dz.	Muffins 6-pcs.	\$12.99
605 -1dz.	Muffins 12-pcs.	\$24.99
607 -1/2dz.	Flourless Peanut Butter cookies	\$5.50
607 -1dz.	Flourless Peanut Butter cookies	\$10.99
609 -1/2dz.	Assorted Cookies 6-pcs.	\$5.50
609 -1dz.	Assorted Cookies 12-pcs.	\$10.99
611 -1/2dz.	Dainties 6-pcs.	\$6.99
611 -1dz.	Dainties 12-pcs.	\$13.99
612-1/2dz.	Rice Krispie Squares	\$13.49
613 -1/2dz.	Peanut Butter Confetti cakes	\$13.49
614 -1/2dz.	Chocolate puffed wheat cakes (V)	\$13.49
615 -1/2dz.	Banana Bread Sliced 6 pc	\$10.99
620 -1/2dz.	Snicker doodle Sugar Cookies	\$5.50
620 -1dz.	Snicker doodle Sugar Cookies	\$10.99
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$5.50
621 -1dz.	Lemon Shortbread Cookies (V)	\$10.99
622 -ea	Cinnamon bun	\$2.10
622-1/2dz.	Cinnamon buns	\$11.99
651 -ea.	<b>NEW!</b> Carrot Cake (1 pan ser. 2)	\$4.99
655-ea	<b>NEW!</b> Peach Crumble (1 pan ser 2) <i>flourless / Seasonal</i>	\$5.49

5 FROZEN SOUP CONCENTRATE			
400 -Sm.	Beet borscht	(V)	\$3.49
400 -Med.	Beet borscht	(V)	\$5.99
401 -Sm.	French Farm	(V)	\$3.49
401 -Med.	French Farm	(V)	\$5.99
402 -Sm.	Beef Barley		\$3.99
402 -Med.	Beef Barley		\$6.99
403 -Sm.	Red Lentil with Apricot	(V)	\$3.49
403 -Med.	Red Lentil with Apricot	(V)	\$6.99
406 -Sm.	Light Chicken Vegetable		\$3.99
406 -Med.	Light Chicken Vegetable		\$6.99
407 -Sm.	Potato Bacon & Cheddar		\$3.99
407 -Med.	Potato Bacon & Cheddar		\$6.99
408 -Sm.	Pumpkin Soup Sm.	(V)	\$3.49
408 -Med.	Pumpkin Soup Med.	(V)	\$5.99
409 -Sm.	Classic Tomato soup	(V)	\$3.49
409 -Med.	Classic Tomato soup	(V)	\$5.99
410 -Sm.	Broccoli Cheddar soup		\$3.49
410 -Med.	Broccoli Cheddar soup		\$5.99
411 -Sm.	Spaghetti Soup		\$3.99
411 -Med.	Spaghetti Soup		\$6.99
412 -Sm.	Minestrone Soup	(V)	\$3.49
412 -Med.	Minestrone Soup	(V)	\$5.99
413 -Sm.	Split Pea and Ham Soup		\$3.99
413 -Med.	Split Pea and Ham Soup		\$6.99
Coconut Bliss Non-Dairy Frozen Dessert 473ml.			
ea.	Dark Chocolate Coconut Bliss	(V)	\$8.29
ea.	Naked Coconut Bliss	(V)	\$8.29
ea.	Ginger Caramel Coconut Bliss	(V)	\$8.29
ea.	Mint Galactica Coconut Bliss	(V)	\$8.29

\*Prices subject to change without notice.



Symbol = Vegan

Monday-Friday \$7.99 & Sat. \$9.99

Same day delivery Mon - Fri & 1 day notice for Saturday

## City Wide Delivery



Cash, cheque or credit cards. Interac in store only.

### Registered meal provider with Veterans Affairs!

We offer healthy home-style meals made with low sodium, low sugar and low fat.