

Food For Thought

www.foodft.ca

204 772-3663

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

Wpg, Mb. R3G 2W5

Meal Delivery Service

June 1-16

9 Sandwiches ea. FRESH		COLD
7001	Tuna Sandwich	\$6.35
7002	Egg sandwich	\$6.10
7003	Chicken Sandwich	\$6.35
7004	Ham sandwich	\$6.35
7005	Salami sandwich	\$6.10
7006	Vegetarian sandwich	\$6.10
9 Wraps ea. FRESH		COLD
7011	Tuna Wrap	\$6.99
7012	Egg Wrap	\$6.70
7013	Chicken Wrap	\$6.99
7014	Ham Wrap	\$6.99
7015	Salami Wrap	\$6.70
7016	Vegetarian Wrap	\$6.65
7017	Greek Wrap	\$6.65
7020	FFT Falafel (vegan) (V)	\$6.99
12 1/2 Salads & Side Orders		COLD
7206-2 pc.	Dinner Buns w. becel 2 pcs.	\$1.99
7214-Mini	Caesar Salad (serves 1-2)	\$8.75
7217-Mini	Cheesy Caesar Salad (serves 1-2)	\$9.75
7220-Mini.	Greek Salad (serves 1-2)	\$9.75
7223-Mini	Italian Salad (serves 1-2) (V)	\$8.75
7226-Mini.	Orange Almond Salad (ser. 1-2) (V)	\$9.75
7235-Mini	Spinach Salad (serves 1-2)	\$9.75
7238-Mini.	Strawberry Salad (serves 1-2)	\$9.75
7239-Mini	Gluten Free Salad Platter (ser.1-2)	\$13.99
11 Cheese Platters FRESH		COLD
7240-Mini.	Mini Cheese & Fruit (serves 3-4)	\$11.29
7241-Mini.	Mini Cheese & Pickle (serves 3-4)	\$9.99
7242-Mini.	Mini Cheese&Vegetable(ser. 3-4)	\$10.79
10 Fruit-Veg Platters FRESH		COLD
7243-Mini.	Fruit Platter (serves 3-4)	\$9.85
7244-Mini.	Vegetable Platter (serves 3-4)	\$9.25
7245-Mini	Pickle Platter (serves 3-4)	\$7.99
7255-1/2lb.	Assorted Cracker tray (serves 8+)	\$5.99
4 Customer's favorites		FROZEN
500 -5"	NEW! 5 inch Ham Quiche	\$4.49
501 -5"	NEW! 5 inch Vegetarian Quiche	\$4.49
517 -5"	NEW! 5 inch Chicken Quiche	\$4.49
518 -5"	NEW! Spinach & Mushroom Quiche	\$4.49
503 -5"	5 inch Chicken pot pie	\$5.49
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
515 -ea.	Cream Brie Apple Chicken 189gr	\$5.25
516 -sm.	Hummus 250gr. (V)	\$4.49
520-ea	Homemade Gravy 4oz	\$1.15
530-ea.	SALE! Vegetarian PizzaTurnover	\$3.99
531-ea.	SALE! Hawaiian Pizza Turnover	\$3.99
532-ea	SALE! Pepperoni & Bacon Turnover	\$3.99

6 Desserts FROZEN		FROZEN
602 -ea.	Apple Crisp (one pan ser 1 - 2)	\$4.99
604-ea	Rhubarb Crisp (one pan ser. 1 - 2)	\$4.99
flourless /seasonal		
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 Bu. Confetti cakes	\$13.49
614 -1/2dz.	Chocolate puffed wheat cake (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.	NEW! Carrot Cake (1 pan ser.2)	\$4.99
655-ea.	NEW! Peach Crumble(1 pan ser.2)	\$5.49
Seasonal / Flourless		
15 Fresh Desserts		COLD
ea.	Individual Yogurt	\$1.69
7613-ea.	Peanut butter confetti sq.	\$2.39
7614-ea.	Chocolate Puffed wheat sq. (V)	\$2.39
7615-ea.	Banana Bread slice	\$1.99
7616-ea.	Apple Jacks (each)	\$2.90
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	\$8.29
ea.	Mint Galactica Coconut Bliss	\$8.29
16 Beverages		COLD
8000	Five Alive 341ml. can	\$1.69
8001	Orange Juice Minute Maid 341ml.can	\$1.69
8002	Fresca 355.ml. can	\$1.39
8003	Apple Juice Minute Maid 341ml.	\$1.69
8004	Cranberry Cocktail Minute M.341.	\$1.69
8005	Root Beer Barq's 355ml. can	\$1.39
8006	Coca-Cola 355ml. can	\$1.39
8007	Coke Diet 355ml. can	\$1.39
8008	Sprite 355ml. can	\$1.39
8009	Sprite Zero 355ml. can	\$1.39
8010	Ginger Ale Canada Dry 355ml. can	\$1.39
8011	Ginger Ale Diet Canada Dry 355ml. can	\$1.39
New! 8020	V8 Vegetable Cocktail Juice 340ml.	\$1.69
New! 8021	Blackberry Ginger Ale 355ml. can	\$1.39
New! 8022	Lemon Iced Tea 341 ml. can	\$1.69
8012	Water Nestle Pure Life 500ml.	\$1.39
8015	6 - Pack Assorted Juice 341ml.	\$9.99
2-Orange/2-Apple/1-FiveAlive/1-Cranberry		
8016	12-Pack Assorted Juice 341ml.	\$19.99
3-Orange/-3Apple/3-FiveAlive/3-Cranberry		
8017	6 - Pack Assorted soft drinks 355m	\$7.99
1-coke/1-sprite/1-rootb./1-gingerA. /1-D.coke/1-D.sprite		
8018	12 - Pack Assorted soft drink 355m	\$15.99
2-coke/ 2 -sprite/ 1-rootbeer/ 2-ginger ale./ 2-diet coke 1-diet fresca/1-sprite zero/1-diet ginger ale.		

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June 1-16

Meal Delivery Service

01. Individual FROZEN dinners		
101 -Indiv	Vegetarian Lasagna	\$5.49

Our classic recipe made for Vegetarians.

102 -Indiv	Chicken Lasagna	\$5.99
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Slow simmered sauces & white chicken, layered with pasta.

103 -Indiv	Beef Lasagna	\$5.99
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Marinara sauce, beef, pasta and loads of cheese!

104 -Indiv	Vegetarian Chili with Cheese	\$5.25
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Chili with fresh veggies & beans, topped with cheese!

105 -Indiv	Chicken Chili with Cheese	\$5.99
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Chili with chunks of chicken, veggies, beans & cheese.

106 -Indiv	Beef Chili with Cheese	\$6.49
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Bubbling beef chili topped with cheese

107 -Indiv	Sausage & Beans Dinner	\$6.75
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Tender Farmers sausage, homemade mac & cheese and beans

108 -Indiv	Creamy Mushroom Alfredo	\$5.25
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Penne pasta in a light & creamy mushroom sauce, delicious.

109 -Indiv	Macaroni & Cheddar Bake	\$5.25
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Like old fashioned mac & cheese with crumb topping.

110 -Indiv	Macaroni & Cheddar Bake w.ham	\$5.75
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Chunks of juicy honey ham go into this pasta!

111 -Indiv	Italian Pasta w. Meat Sauce	\$5.99
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Slow simmered Italian meat sauce with pasta & cheese.

112 -Indiv	Vegan Curry w. Basmati rice	\$4.99
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Delicious mild curry with vegetables served w. basmati rice.

113 -Indiv	Chicken Stew	\$5.85
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Comfort food in a bowl. Juicy chicken and root veggies.

114 -Indiv	Chicken Curry w. Basmati rice	\$5.80
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Chicken, chick peas & veggies, in a mild curry sauce.

115 -Indiv	Tuna Casserole	\$6.25
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Delicious chunks of tuna, veggies & egg noodles in a creamy sauce

116 -Indiv	Shepherd's Pie	\$6.59
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A classic dish topped w. cheesy mashed potatoes.

117 -Indiv	Peroghy Casserole	\$5.85
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Layers of homemade pasta, potatoes, onions & cheddar.

118 -Indiv	Peroghy Casserole & Cabbage rolls	\$6.15
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Vegan cabbage rolls w. our classic peroghy casserole.

119 -Indiv	Sweet & Sour Meatball dinner	\$6.25
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Succulent meatballs with garden peas, pineapple & rice pilaf.

120 -Indiv	Vegetarian Moussaka	\$6.25
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Greek style, eggplant, feta, roasted potatoes & rich Bechamel sauce.

121 -Indiv	Beef Moussaka	\$6.49
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Greek style, eggplant, feta, roasted potatoes & rich Bechamel sauce

122 -Indiv	Meatloaf w. tomato sauce	\$6.25
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Tasty & tender Meatloaf w. mashed potatoes, peas & carrots

123 -Indiv	Pork Stroganoff	\$6.49
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Succulent Pork in Sour cream sauce w. veggies & egg noodles

124 -Indiv	Sweet & Sour Pork	\$6.25
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Tender pork w. pineapple, peppers, carrots & rice pilaf.

125 -Indiv	Baked Ham Dinner	\$5.75
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Succulent sliced Ham with Scalloped Potatoes & Green beans

126 -Indiv	Beef Stew	\$6.25
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Made with a wee touch of Irish Stout. Hearty & satisfying!

127 -Indiv	Japanese Chicken Wings	\$6.49
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Sweet honey glazed wings w. rice pilaf & garden peas.

128 -Indiv	Barbeque Chicken Dinner	\$6.75
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With mashed potatoes, garlic buttered corn & carrots.

129 -Indiv	Roast Herb Chicken Dinner	\$6.75
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With cranberry stuffing, mashed potatoes & garlic buttered corn.

130 -Indiv	Beef Pot Roast	\$7.49
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NEW! Flour free pan gravy, potatoes, roast carrots, parsnips & corn

131 -Indiv	Three Cheese Penne Pasta	\$5.75
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Pasta in red sauce topped w cheese, peppers & onions (vegetarian).

132 -Indiv	Salisbury Steak Dinner	\$6.49
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With delicious homemade gravy, mashed potatoes, mushrooms & peas

133 -Indiv	Chicken Cacciatore	\$6.49
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A garlic butter rosette top's this tasty pasta with chicken dish!

134 -Indiv	Louisiana Pulled Pork	\$6.49
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Slow roasted Pork w. Homemade BBQ sauce potatoes & corn

135 -Indiv	Vegan Cabbage rolls (V)	\$6.25
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In luscious tomato sauce filled with rice, great for vegans.

136 -Indiv	Teriyaki Salmon Dinner	\$6.85
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With delicious brown rice & Chinese stir-fry vegetables

137 -Indiv	Meatballs & Gravy Dinner	\$6.25
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Homemade meatballs & gravy w. potatoes, corn & red pepper sauté.

138 -Indiv	NEW! Roast Turkey Dinner	\$6.75
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With pan gravy, mashed potatoes, cranberry stuffing, peas & carrots

139 -Indiv	NEW! Scalloped Potatoes	\$4.99
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Creamy, Delicious and **Flour Free!**

FROZEN SOUP CONCENTRATE

400 -Sm.	Beet borscht (V)	\$3.49
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400 -Med.	Beet borscht (V)	\$5.99
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401 -Sm.	French Farm (V)	\$3.49
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401 -Med.	French Farm (V)	\$5.99
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402 -Sm.	Beef Barley	\$3.99
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402 -Med.	Beef Barley	\$6.99
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403 -Sm.	Red Lentil with Apricot (V)	\$3.49
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403 -Med.	Red Lentil with Apricot (V)	\$6.99
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406 -Sm.	Light Chicken Vegetable	\$3.99
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406 -Med.	Light Chicken Vegetable	\$6.99
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407 -Sm.	Potato Bacon & Cheddar	\$3.99
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407 -Med.	Potato Bacon & Cheddar	\$6.99
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408 -Sm.	Pumpkin Soup Sm. (V)	\$3.49
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408 -Med.	Pumpkin Soup Med. (V)	\$5.99
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409 -Sm.	Classic Tomato soup (V)	\$3.49
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409 -Med.	Classic Tomato soup (V)	\$5.99
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410 -Sm.	Broccoli Cheddar soup	\$3.49
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410 -Med.	Broccoli Cheddar soup	\$5.99
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411 -Sm.	Spaghetti Soup	\$3.99
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411 -Med.	Spaghetti Soup	\$6.99
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412 -Sm.	Minestrone Soup (V)	\$3.49
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412 -Med.	Minestrone Soup (V)	\$5.99
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413 -Sm.	Split Pea and Ham Soup	\$3.99
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413 -Med.	Split Pea and Ham Soup	\$6.99
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City Wide Delivery

Mon - Fri \$7.99 & Sat. \$9.99

Same day delivery Monday - Friday

1 day notice for Saturday delivery



Credit cards, cash or cheques accepted. Interac in store only.

* Prices subject to change without notice.

