

NAME			
ADDRESS			
PHONE			
Submit by:	CALL 403-934-5335; FAX 403-934-2457; EMAIL: info@wfcss.org		
ENTREES \$6.50 ea	COST	HOW MANY	TOTAL COST
Baked Ham & Pineapple Orange Sauce	\$6.50		
BBQ Pork Ribette	\$6.50		
Beef Lasagna	\$6.50		
Beef Teriyaki Noodle Bowl <i>New!</i>	\$6.50		
Breaded Fish Fillet	\$6.50		
Butter Chicken	\$6.50		
Cabbage Rolls	\$6.50		
Chicken Stir-Fry	\$6.50		
Chicken with Gravy <i>New!</i>	\$6.50		
Coconut Curry Chicken <i>New!</i>	\$6.50		
Creamy Parmesan Chicken Breast	\$6.50		
Five Spice Beef <i>New!</i>	\$6.50		
French Toast & Chicken Sausage <i>New!</i>	\$6.50		
Gravy Salisbury Steak	\$6.50		
Hearty Beef Stew	\$6.50		
Home Style Macaroni & Cheese	\$6.50		
Meatballs with BBQ Sauce	\$6.50		
Pork Bourbon <i>New!</i>	\$6.50		
Pork Cutlet	\$6.50		
Roast Beef	\$6.50		
Roast Turkey	\$6.50		
Shepherd's Pie	\$6.50		
Steamed Cod with BBQ Sauce <i>New!</i>	\$6.50		
Steamed Salmon with Dill Sauce <i>New!</i>	\$6.50		
Vegetarian Chili <i>New!</i>	\$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		
Mulligatawny <i>New!</i>	\$5.00		

BAKED GOODS	COST	HOW MANY	TOTAL COST
<i>Items with (*) indicate half order option</i>			
Banana Flax Muffins (qty 12)	\$6.00		
Blueberry Bran Muffins (qty 12)	\$6.00		
Raisin Bran Muffins (qty 12)	\$6.00		
Key Lime Cookies (qty 18)	\$6.00		
Peanut Butter Cookies (qty 18)	\$6.00		
Raisin Oatmeal Cookies (qty 18)	\$6.00		
Herb & Cheese Biscuit (qty 12)	\$6.00		
Tea Biscuit (qty 12)	\$6.00		
*Apple Crisp	\$13/\$7		
*Peach Crisp	\$13/\$7		
FAMILY SIZE MENU			
Beef Lasagna	\$30		
Beef Stew	\$30		
*Butter Chicken	\$30 / \$15		
Cabbage Rolls	\$25		
Chicken Primavera	\$30		
*Chicken Stir Fry	\$29 / \$14		
Chili Con Carne	\$21		
*Macaroni & Cheese	\$21 / \$12		
Perogies (Potato & Cheddar)	\$16		
Shepherd's Pie	\$29		
*Spaghetti Bake	\$24 / \$14		
Vegetarian Chili	\$15		
Mixed Vegetables (approx. 20 servings)	\$9		
Rice (approx. 20 servings)	\$9		
Roast Potatoes (approx. 20 servings)	\$9		
GLUTEN-FREE			
Baked ham, rice, broccoli	\$6.50		
BBQ Steamed cod, rice, veg	\$6.50		
Beef stew, potato, beans	\$6.50		
Butter chicken, rice, veg	\$6.50		
Cabbage rolls, potato, veg	\$6.50		
Chicken, gravy, potato, peas	\$6.50		
Roast beef, gravy, yams, veg	\$6.50		
TOTAL COLUMN (A)			
TOTAL COLUMN (B)			
TOTAL COLUMN (A) + (B)			