

Home for Dinner

4405a 29th St Vernon 250-549-3145

592 Bernard ave Kelowna 778-478-0343

www.homefordinner.info

Vernon Email: homefordinner@shawbiz.ca Kelowna Email: hfdkelowna@shaw.ca

<u>HEARTY SOUPS</u>			<u>QUICK AND EASY</u>			
	<u>Small</u>	<u>Medium</u>		<u>Small</u>	<u>Medium</u>	
Vegetable Minestrone (V)	\$5.00	\$10.00	Chicken Chow Mein	\$5.50	\$11.00	
Borscht (V) (G.F.)	\$5.00	\$10.00	Salmon Potato Cakes (G.F)(2,4)	\$6.50	\$12.00	
Chicken Noodle	\$6.00	\$12.00	Plain Meatballs (450 g)	n/a	\$10.00	
Turkey Wild Rice (G.F)	\$6.00	\$12.00	Handmade Burritos	(2)	(6)	
Beef and Barley	\$6.00	\$12.00	Beef	\$8.50	\$24.00	
Yellow Split Pea & Ham (G.F)	\$6.00	\$12.00	Chicken	\$10.00	\$28.00	
Hearty 3 Bean Chilli (G.F)	\$6.00	\$12.00	Handmade Quesadillas	(2)	(4)	
<u>DESSERTS</u>	<u>Small</u>	<u>Medium</u>	Black Bean and Corn	\$11.00	\$21.00	
Mini Cheesecakes	\$3.00	\$8.00	Greek Chicken	\$13.00	\$25.00	
Banana Walnut Bread	\$4.00	\$8.00	<u>SAUCY ENTREES</u>	<u>Small</u>	<u>Medium</u>	
Apple Cinnamon Crepes(2,4)	\$6.00	\$11.00	Chicken Tetrazzini	\$9.50	\$19.00	
<u>BAKEABLES</u>	<u>Small</u>	<u>Medium</u>	Coconut Curry Chicken (G.F)	\$9.50	\$19.00	
Ricotta & Basil Breasts (2,4)	\$13.00	\$25.00	Brazilian Beef (G.F)	\$9.00	\$18.00	
Chicken Cordon Bleu (2,4)	\$13.00	\$25.00	Beef Stroganoff	\$9.00	\$18.00	
Chicken Pot Pie	\$6.00	\$18.00	Sweet and Sour Pork (G.F)	\$9.00	\$18.00	
Best Ever Meat Loaf	\$7.00	\$14.00	Spaghetti Sauce (G.F.)	\$6.50	\$13.00	
Meat Pie (Tourtiere)	\$6.00	\$18.00	Swedish Meatballs in Gravy	\$7.00	\$14.00	
Spanakopita (V) (2),(4)	\$11.00	\$20.00	Meatballs in Pacific Sauce	\$7.00	\$14.00	
<u>FOIL PAN BAKEABLES</u>				<u>Small</u>	<u>Medium</u>	<u>Large</u>
Italian Sausage Pasta Bake				\$6.50	\$13.00	\$26.00
Shepherds Pie				\$7.00	\$14.00	\$28.00
Chicken Lasagna				\$7.50	\$15.00	\$30.00
Hearty Lasagna				\$7.50	\$15.00	\$30.00
Cabbage Rolls (G.F.) (also available pre-baked in microwave container \$8)				\$8.00	\$13.50	\$28.00
BabyBack Ribs (G.F.)				n/a	\$13.00	\$25.00
Three Cheese Macaroni (V)				\$5.50	\$11.00	\$22.00
Garden Vegetable Lasagna (G.F.) (V)				\$7.00	\$14.00	\$28.00
Spinach Stuffed Cannelloni (V)				\$6.50	\$13.00	\$28.00

WE ARE OPEN MONDAY TO FRIDAY 10am-6pm SATURDAY 10am-5pm

V=VEGETARIAN

G.F. = GLUTEN FREE

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<u>HANDMADE APPETIZERS</u>		<u>FOR THE GRILL</u>		<u>Small</u>	<u>Medium</u>
Hickory Dry Ribs (900g)	\$16.00	1/4 lb Beef Burger's (6,12)	\$13.00	\$25.00	
Meatballs in Pacific Sauce (Medium 950g)	\$14.00	Chicken Souvlaki (G.F)		\$14.00	
Cranberry Pecan Cheeseball (V)(G.F)	\$12.00	1/4 lb Veggie Burgers (4 per pkg.)		\$7.00	
Artichoke and Asiago Dip (V)(G.F)	\$11.00	<u>SIDE DISHES</u>		<u>Small</u>	<u>Medium</u>
Roast Red Pepper Gouda Spread(V)(G.F)	\$9.00	Mashed Potatoes (G.F)	\$3.50	\$7.00	
Mini Spanakopita (24 Pieces)	\$35.00	Romanoff Potatoes (G.F)	\$5.00	\$10.00	
Plain Meatballs (Individually frozen 450 g)	\$10.00	Cheezy Garlic Bread	\$4.50	\$8.00	
<u>PIZZAS 12" (1 PER PACKAGE)</u>		Meat Lovers		\$12.00	
Pepperoni or Hawaiian	\$11.00	Vegetarian (V)		\$11.00	
<u>FULL INDIVIDUAL MEALS IN MICROWAVEABLE CONTAINERS</u>					
Three Cheese Macaroni (V)				\$6.00	
Italian Sausage Pasta Bake				\$7.00	
Shepherds Pie				\$7.50	
Best Ever Meatloaf with Mashed Potatoes and Vegetables				\$7.50	
Spaghetti Dinner with Parmesan Cheese				\$7.00	
Swedish Meatballs in Gravy with Mashed Potatoes and Vegetables				\$7.50	
Chicken Tetrizzini over a bed of Yolk-Free Egg Noodles				\$7.50	
Coconut Curry Chicken Over Steamed Rice (G.F)				\$7.50	
Chinese Dinner (Sweet and Sour Pork, Chow Mein and Rice)				\$8.00	
Roast Beef with Mashed Potatoes, Gravy and Vegetables				\$8.00	
Oven-Baked Italian Chicken Breast with Mashed Potatoes and Vegetables				\$8.00	
Cabbage Rolls (Pre-Baked) 2 per container(G.F)				\$8.00	
Turkey with Mashed Potatoes, Gravy, Stuffing, Vegetables and Cranberry				\$9.00	
<u>CLEAN AND LEAN MENU</u>					
4 oz. Sirloin Steak, California Brown Rice and (Peas or Broccoli) (G.F)(D.F.)				\$6.50	
4 oz. Chicken Breast, California Brown Rice and (Peas or Broccoli) (G.F)(D.F.)				\$7.50	
Curry Chicken and Black Bean Wrap 2 X 275g per pkg. (Dairy Free)				\$14.00	

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