

PASTA DISHES

BOWTIE PESTO CHICKEN...Bowtie shaped pasta tossed with chicken breast, parmesan cheese and a tomato pesto sauce.

SWEDISH MEATBALLS...Egg noodles and savory meatballs tossed in our homemade gravy with green peppers and onions.

BEEF STROGANOFF...Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles.

LASAGNA...Rich meat sauce layered with broad noodles, parmesan, mozzarella and cheddar cheeses.

ITALIAN CASSEROLE...Homemade meat sauce baked with macaroni noodles topped with a blend of cheeses.

SPAGHETTI...Rich meat sauce served on a bed of spaghetti noodles and Parmesan cheese.

PORK DISHES

MAPLE HAM...Maple glazed ham and pineapple served with scalloped potatoes and carrots.

PORK TENDERLOIN...Medallions of pork in au jus with onions, carrots, celery, and potatoes.

PULLED PORK...Slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots and mushrooms. Served with rice pilaf.

SOUPS ... \$6.00

BEEF BARLEY...This is good home cooking! Marinated steak stewed with onions, peppers, carrots and celery with beef stock, oregano, parsley and basil.

CHICKEN NOODLE...This is the traditional. Only the finest fresh chicken breast with carrots, celery, onions and parsley seasoned the way mom used to make it.

VEGETABLE...Nice chunks of broccoli, cauliflower, carrots and celery simmered in a vegetable broth with our special seasonings.

MINESTRONE...Mouthwatering tomato and beef broth soup with mixed vegetables, beans and macaroni pasta.

613-293-9909



TimeSaver FOODS

350 Terry Fox Drive
Suite 101
Kanata, ON K2K 2W5
8am - 2pm
Mon - Fri
www.timesaverfoods.com
Ask about our Catering.

- *Ottawa's local health care provider.*
- *Home-cooked, nutritious frozen meals.*
- *Delivered to your door.*
- *Ready in your freezer when you need them.*

Call Peter @ 613-293-9909
or email
peter@timesaverfoods.com

