

Prairie Meats

PERFECT PLATES

Gourmet ready-to-cook meals



SELECT YOUR MAIN

select **1** of the following:

Classic \$21.00

- 10oz New York Striploin Steak

Beef \$16.00

- 8oz Top Sirloin Steak
- Mesquite Beef Kabob



Chicken \$14.00

- Chicken Breast
natural or marinated
- Chicken Kabob
lemon herb, honey garlic,
Monterey, souvlaki

Pork \$12.00



- Peppercorn Boneless
Pork Chops (2)
- Pork Kabob
souvlaki, honey rosemary

Vegetarian \$11.00


- Vegetable Kabob 
- Stuffed Pepper 

CHOOSE THREE SIDES

choose **3** of the following:

- Bacon & Cheese Stuffed Mushroom
- Seafood Stuffed Mushroom
- Gourmet Stuffed Potato
- Cheddar Stuffed Potato 
- Deli Fresh Salad 
macaroni, potato, pasta, etc
- Shrimp Kabob
- Bacon Wrapped Jalapeno
stuffed with cream cheese

Serves 1-100 or more!
Selection may vary by store.
Prices are subject to change.

 Vegetarian option

ORDER ONLINE



PRAIRIEMEATS.CA

Saskatoon | Regina | Prince Albert

COOKING INSTRUCTIONS

Note: cooking times are approximate and vary with oven / bbq / appliance.

Methods of cooking meat include dry heat (roasting, broiling, pan-broiling, pan-frying, stir-frying and outdoor grilling) or moist heat (braising and cooking in liquid).

Feel free to cook your favourite way. BBQ, pan-fry, oven, slow cooker, etc. The important thing is to cook meat to the proper internal temperature.

Type of Meat	Recommended Internal Temperature	Doneness Cooked to Taste	
Beef	62 °C (145 °F) + 3 minute rest	Rare	51 °C (125 °F)
		Medium	60 °C (140 °F)
		Well Done	71 °C (160 °F)
Chicken	71 °C (165 °F)		
Pork	68 - 71 °C (155 - 160 °F) + 3 minute rest	Medium	65 °C (150 °F)
		Well Done	71 °C (160 °F)
Shrimp	62 °C (145 °F)		

STUFFED MUSHROOM

- Remove packaging, place on baking sheet.
- Cook in preheated 175 °C (350 °F) oven for approx. 15 min.

STUFFED POTATO

- Remove packaging, place on baking sheet.
- Cook in preheated 200 °C (400 °F) oven for 15 - 20 min.

STUFFED PEPPER

- Remove packaging, place on baking sheet.
- Cook in preheated 175 °C (350 °F) oven for approx. 25 - 30 min.

SHRIMP KABOB

- Remove packaging.
- In frying pan: 1 - 3 min. per side.
or Broil 8" from heat 1 - 3 min. per side.

BACON WRAPPED JALAPENO

- Remove packaging, place on baking sheet.
- Cook in preheated 200 °C (400 °F) oven for 15 - 20 min. until bacon is crispy.

VEGETABLE KABOB

- Remove packaging.
- Cook in preheated 175 °C (350 °F) oven for approx. 20 min.,
or Broil 8" from heat for approx. 12 min. turning halfway,
or Grill on medium heat until soft & slightly charred.