

Prairie Meals

IN MINUTES



CHICKEN PARMIGIANA

480083

BREADED CHICKEN BREAST, MARINARA SAUCE, MIXED CHEESE & GREEN ONION



TACO BAKE

480015

LAYERED FLOUR TORTILLAS, BEEF, MIXED CHEESE, SALSA, GREEN ONION & SEASONING



OLD FASHIONED MEATLOAF

480047

BEEF, PORK, PANKO, PARSLEY AND FRENCH ONION & ROSEMARY SAUCE



CHICKEN POT PIE

480056

CHICKEN BREAST, CARROTS, ONIONS, CELERY & CREAM SAUCE



CABBAGE ROLLS

480004

CABBAGE, RICE, ONION, BEEF & TOMATO SAUCE



CHICKEN ENCHILADAS

480005

CHICKEN, TORTILLAS, MILK, CREAM, MIXED VEGETABLES, MOZZARELLA & CHEDDAR CHEESE



LASAGNA

BEEF LASAGNA

480027

CHICKEN LASAGNA

480026

STIR FRY

CHICKEN STIR FRY

480066

SHRIMP STIR FRY

480067



CHICKEN STIR FRY WITH RICE
COOKING INSTRUCTIONS
 From Fresh: Pre-heat oven to 375°F or 190°C. Remove Lid. Place in oven for 20 min. Stir, then bake for another 15-20 min or until it reaches an internal temperature of 165°F or 73°C.
 From Frozen: Pre-heat oven to 375°F or 190°C. Remove Lid. Place in oven for 30 min. Stir, then bake for another 30 min or until it reaches an internal temperature of 165°F or 73°C. Remove and enjoy.
 prairiemeats.ca



SHEPHERD'S PIE

480014

BEEF, GRAVY, MIXED VEGETABLES & MASHED POTATOES



BEEF SALISBURY STEAK WITH GRAVY

480044

BEEF SALISBURY STEAK, GRAVY & MUSHROOMS

SASKATOON
2326 Millar Ave.
306.244.4024

SASKATOON EAST
106-3929 8th St.
306.477.1959

SASKATOON STONEBRIDGE
60-3230 Preston Ave. S.
306.952.5939

REGINA HARBOUR LANDING
4605 Gordon Rd.
306.545.3211

PRINCE ALBERT
25 -13th St. E.
306.922.2050

CHICKEN WINGS

HONEY GARLIC
480018

LEMON PEPPER
480019

BUFFALO
480020



SEAFOOD CANNELLONI

480064

PASTA, CRAB, SHRIMP,
CREAM CHEESE, SEASONING,
ROSE SAUCE, MOZZARELLA
& CHEDDAR CHEESE



SPINACH & FETA CANNELLONI

480065

PASTA, CREAM CHEESE,
ALFREDO SAUCE, SPINACH,
FETA & MOZZARELLA



BREAKFAST SCRAMBLER

480003

SAUSAGE, HAM, RED POTATOES,
PEPPERS, GREEN ONIONS
& MIXED CHEESE



TAKE & BAKE 4 CHEESE MACARONI CASSEROLE

480057

MACARONI, ALFREDO
& 3 CHEESE BLEND



CHERRY BACON & CHICKEN ALFREDO

480052

CHICKEN BREAST, CHERRY BACON,
FETTUCINE, ALFREDO, PARMESAN
CHEESE & FRESH PARSLEY



3 CHEESE SCALLOPED POTATOES

480013

POTATOES, EGGS, MILK,
CREAM, 3 CHEESE BLEND
& SEASONING



JUMBLE BERRY CRUMBLE

480008

CARAMEL APPLE BREAD PUDDING WITH TOFFEE SAUCE

480053

STICKY TOFFEE PUDDING

480041



MEATBALLS

HONEY GARLIC
480022

SWEDISH
480023

SWEET & SOUR
480024

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