Prairie Meats



ORDER ONLINE

SELECT YOUR MAIN

select **1** of the following:

Classic \$21.00

10oz New York Striploin Steak

Beef \$16.00

- 🗌 802 Top Sirloin Steak
- Mesquite Beef Kabob

Chicken \$14.00

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

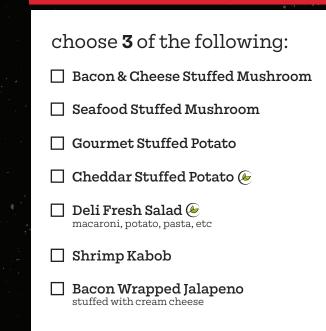
Pork \$12.00

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

Vegetarian \$11.00

🔲 Vegetable Kabob 🦢

CHOOSE THREE SIDES



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

🥭 Vegetarian option

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 Medium Well Done	51 °C (125 °F) 60 °C (140 °F) 71 °C (160 °F)
Chicken	71 °C (165 °F)		
Pork	68 - 71 ℃ (155 - 160 ℉) + 3 minute rest	Medium Well Done	65 ℃ (150 °F) 71 ℃ (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.

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.

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