

Prairie Meats

PERFECT PLATES

Cook and Enjoy | Order Online



SELECT YOUR MAIN

Select **1** of the following:

Classic \$24.00

- 10 oz. New York Striploin Steak

Beef \$18.00

- 8 oz. Top Sirloin Steak
- Mesquite Beef Kabob

Chicken \$14.00

- Chicken Breast
(natural or marinated)
- Chicken Kabob
lemon herb, honey garlic, Monterey, Souvlaki

Pork \$13.00

- Peppercorn Boneless Pork Chops (2)
- Pork Kabob
Souvlaki, Honey Rosemary

CHOOSE THREE SIDES

Select **3** of the following:

- Bacon & Cheese Stuffed Mushroom
- Seafood Stuffed Mushroom
- Gourmet Stuffed Potato
- Cheddar Stuffed Potato
- Deli Fresh Salad
Macaroni, Potato, Pasta
- Shrimp Kabob
- Bacon Wrapped Jalapeno
Stuffed with Cream Cheese

Serves 1-100 or more!

Selection may vary by store.
Prices are subject to change.



PrairieMeats.ca

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For Retail Service Call 306.244.4024

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 Temp.	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 (390°F) oven for approx. 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 (390°F) oven for approx. 15-20 min. until bacon is crispy.

