

GOODBYE GLUTEN FROZEN PREPARED MEALS AND BAKED GOODS (Updated Oct. 24, 2020)

CHICKEN (5"x7" tins)

Asian Style Chicken Balls with Sweet & Sour Sauce
Butter Chicken on Rice
Dairy Free Butter Chicken on Rice
Chicken Fingers
Chicken Meatloaf
Chicken Parmigiana
Dairy Free Chicken Parmigiana
Chicken Pot Pie – 6" or 9"
Chicken Shepherd's Pie - Sweet Potato Topping
Chicken Shepherd's Pie - Potato Topping
Honey Garlic Chicken on Rice
Sweet & Sour Chicken Meatballs

BEEF (5"x7" tins)

Beef Brisket
Beef Shepherd's Pie - Sweet Potato Topping
Beef Shepherd's Pie - Potato Topping
Beef Stew
Italian Meatballs in Sauce
Lasagna Bolognese
Dairy Free Lasagna Bolognese
Tourtiere - 9"

VEGAN & VEGETARIAN (5"x7" tins)

Vegan Chili
Vegan Cabbage Rolls
Vegan Lasagna
Vegan Shepherd's Pie - Sweet Potato Topping
Vegan Falafels
Vegetarian Lasagna
Eggplant Parmigiana
Macaroni & Cheese
Garden Vegetable Quiche
Mushroom and Leek Quiche

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SOUPS (500ml containers)

Chicken Soup

Lentil Soup

Potato & Leek Soup

Cabbage Borscht Soup

Baked Goods

***ALL BAKED GOODS ARE GLUTEN FREE, NUT FREE, DAIRY FREE.**

Apple Loaf

Chocolate Zucchini Loaf

Vegan Banana Chocolate Chip Loaf

Vegan Chocolate Chip Cookies (Box)

Vegan Sprinkle Cookies (Box)

Vegan Chocolate Cupcakes (4 Pack)

Vanilla Cupcakes (4 Pack)

Vegan Chocolate Snack Cake (5"x7" Tin)

Vegan Carrot Snack Cake (5"x7" Tin)

Vanilla Snack Cake (5"x7" Tin)

Vegan Chocolate Cake - 6" (Two Layer, Round)

Vanilla Cake - 6" (Two Layer, Round)

Apple Pie - 9"

Pumpkin Pie - 9"

Cinnamon Chocolate Chip Biscotti (Box)

Cranberry Orange Biscotti (Box)