



Spring & Summer MENU

Flavorful restaurant quality meals prepared by our Red Seal Journeyman Chef. Choose from our Fresh Chill Ready-Meals or Future Frozen Meals. Entrées are fully prepared and ready to eat in 7 minutes or less. We focus our menus on high quality healthy proteins, fresh cut vegetables and complex carbohydrates. The majority of our meals are naturally gluten free.

Chef Prepared Meals \$15

Chicken Entrées

- Thai Coconut Chicken -
Chicken Breast in a Spicy Turmeric, Lime, Yogurt Sauce w/ Vegetables & Basmati Rice
- Salsa Chicken -
Chipotle Chicken Breast w/ Salsa Fresca on Brown Rice & Black Beans w/ Roasted Corn & Peppers
- Chicken Stir-Fry -
Stir-Fried Chicken Breast & Fresh Asian Vegetables in a Chili Garlic Sesame Sauce on Brown Rice
- Chicken Parmesan -
Chicken Breast Scaloppini w/ Roasted Tomato Marinara Sauce on Parmesan Polenta w/ Broccolini

Fish Entrées

- Maple Sesame Wild Salmon -
Yuzu, Soy & Maple Glazed Salmon Fillet w/ Multigrain Rice Pilaf & Asparagus (in season)
- Lemon Dill Northern Pike -
Dore Lake Northern Pike w/ Lemon & Dill Brown Butter Sauce, Quinoa & Seasonal Vegetables

Beef Entrées

- Amber Ale & Cider Braised BBQ Beef Brisket -
Fork Tender Brisket in an Apple Cider Ale BBQ Sauce w/ Roasted Sweet Potatoes, Kale & Green Beans
- Honey Ginger Mandarin Meatballs -
Ground Beef Chuck Meatballs in a Sweet Tangy Sauce w/ Asian Cut Vegetables & Brown Rice
- Meatballs Marinara -
Beef & Veal Meatballs in a Roasted Tomato Marinara Sauce w/ Spaghetti Squash & Broccoli

Other

- Pork Souvlaki -
Classic Greek Herb & Fresh Citrus Marinated Pork Tenderloin w/ Lemon Rice & Seasonal Vegetable

- Edamame Vegetable Stir-Fry -

Fresh Cut Stir-fried Vegetables & Edamame Beans in a Sweet Chili Sesame Sauce on Brown Rice (V)

- Golden Red Lentil Dahl -

Saskatchewan Red Lentils & Root Vegetables in a Rich Turmeric Coconut Curry w/ Cilantro Speckled Basmati Rice & toasted pumpkin seeds (V)

- Healthy Choice Salisbury Steak -

Healthy Choice Patty made with ½ ground turkey and ½ pulse grains w/ a roasted portobello mushroom demi glace, steamed baby potatoes and seasonal vegetables

Fantastic Fresh Salads

-coming soon-

Soups, Stews & Chilis \$12

Beef & Barley Vegetable Stew

Hearty Chicken & Vegetable Quinoa Soup

Six Bean Turkey Chili

Afterburner Beef & Black Bean Chili

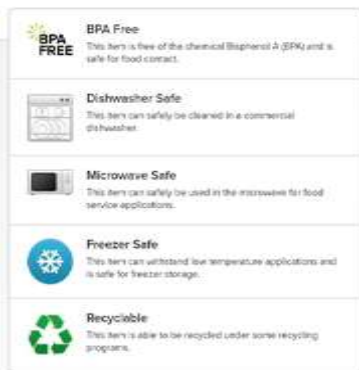
Chicken & Vegetable Tikka Masala

Chicken & Dumplings

African Peanut & Chickpea Stew (V)

Protein-Plus Vegetable & Bean Chili (V)

Each meal is packaged in a durable 32 oz BPA free container with a secure lid. It is labeled for ingredients and instructions. Fresh Chill meals are ready from the microwave in 4-5 minutes and Frozen Future meals are ready in 7-9 minutes. Packaging alternatives such as foil containers for conventional or toaster ovens and a deposit-based, re-usable container agreement are available as well.



A minimum of 10 meals is required per order and you may choose up to 5 different varieties per order. Menu plans and meal subscriptions are available – just let us know and we can work with you to customize a meal plan to fit your lifestyle and budget! We can also provide smaller lunch portions, breakfast bowls and snacks. We specialize in the private catering service and strive to make it simple to get your hands on great food that is both delicious and good for you.

We are always well prepared to accommodate special dietary requirements for all meals. * If you or members of your family require alternative diet selections, simply let us know in advance and we'll take care of the rest. Choose from weekly, bi-weekly or monthly orders – no membership required. Delivery to your door available upon request or pickup at our Downtown YXE Kitchen location.

*Physician ordered diets and specific nutrient intake requirements will require a Chef consultation with your registered dietitian and will incur an extra charge.

Questions or Comments?

Contact us for more Information or to
Place an Order:

Tel: 306-222-5158

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RE-DEFINING THE PRIVATE CATERING SERVICE

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