



# Spring & Summer MENU

Flavorful restaurant quality frozen meals prepared by our Red Seal Journeyman Chefs. Entrées are fully prepared and packaged in 100% recyclable foil containers for conventional ovens. 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 (500g)*

### *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

- Sambal Chicken Stir-Fry -

Stir-Fried Chicken Breast & Fresh Asian Vegetables in a Chili Garlic Honey Sauce on Brown Rice

- Chicken Scallopini -

Chicken Breast Scallopini w/ Roasted Tomato Marinara Sauce on Parmesan Polenta w/ Broccoli

### *Fish Entrées*

- Maple Sesame Wild Salmon -

Yuzu, Soy & Maple Glazed Salmon Fillet w/ Multigrain Rice Pilaf & Tender Green Beans

- Pineapple Curry Salmon Fillet -

Seared Salmon Fillet in a tangy Pineapple Curry Sauce w/ Basmati Rice & Chef's Vegetables

- Lemon Dill Northern Pike -

Dore Lake SK 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 -  
Italian Beef Meatballs in a Roasted Tomato Marinara Sauce w/ Spaghetti Squash & Broccoli

- Chopped Korean Bulgogi Steak –  
Sliced Beef Sirloin w/ Korean BBQ Sauce & Sesame Seeds on Asian Cut Vegetables w/ Rice

### *Other*

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

- Farmer's Sausage & Perogies –  
Perogies sautéed in Butter & Onions w/ Double Smoked Farmer's Sausage & Seasonal Vegetables

- 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)

- Flex-itarian Salisbury Steak -  
Healthy Choice Flex Patty made with ½ ground beef chuck and ½ pulse grains w/ a wild mushroom demi glace, steamed baby potatoes and seasonal vegetables

## new for spring & summer

### *Fantastic Fresh-made Salads – 1 liter – \$12*

- SK Three Sister Bean & Lentil Salad –
- Dill Pickle Penne Pasta Salad w/ Cheddar -
- Kale Power Coleslaw with Toasted Seeds -

### *Soups, Stews & Chilis – 1 liter – \$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 SK Pulse Chili (V)

Entrees are fully prepared, frozen and packaged in 100% recyclable foil containers for conventional ovens with a secure lid. 1 Liter meals are packaged in BPA free recyclable containers ready for microwave re-heating. They are labeled for ingredients and cooking instructions. Packaging alternatives including a deposit-based, re-usable container agreement are available upon request.

Individual meals are available for purchase at our retail Kitchen & Tasting Room location – please call ahead to see what is in stock. A minimum of 10 meals is required per custom made 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 in Saskatoon available upon request for an extra charge or pickup at our Kitchen & Tasting Room 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 please visit

[www.chefdepartie.ca](http://www.chefdepartie.ca)



RE-DEFINING THE PRIVATE CATERING SERVICE

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