

CABBAGE ROLLS ...Beef with rice wrapped in cabbage leaves stewed in tomato sauce with zucchini, mushrooms and carrots with rice.

STEAK & MUSHROOM PIE ...Slow cooked steak, onions, celery and carrots stewed with diced potato in gravy topped with baked pie crust.

SWISS STEAK...Onion, turnip, carrots, tomato and peppers, fried with marinated steak and gravy with roasted potatoes.

LASAGNA...Rich meat sauce layered with broad noodles, parmesan, mozzarella and cheddar cheeses.

ITALIAN CASSEROLE...Homemade meat sauce baked with macaroni noodles topped with a blend of cheeses.

SPAGHETTI...Rich meat sauce served on a bed of spaghetti noodles and Parmesan cheese.

PORK DISHES

MAPLE HAM ...Maple glazed ham and pineapple served with scalloped potatoes and carrots.

PORK TENDERLOIN...Medallions of pork in au jus with onions, carrots, celery, and potatoes.

PULLED PORK...Slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots and mushrooms. Served with rice pilaf.

SAUSAGE & PENNE...Grilled Italian sausage tossed with mixed vegetables served on a bed of penne noodles with our own tomato sauce.

BEEF BARLEY... Marinated steak stewed with onions, carrots and celery with beef stock, oregano, parsley and basil.

CHICKEN NOODLE... Only the finest fresh chicken breast with carrots, celery, onions and parsley seasoned the way mom used to make it.

ROOT VEGETABLE ...Nice chunks of butternut squash, yam, parsnip, carrot, and turnip simmered in a vegetable broth with our special seasonings.

SPLIT PEA & HAM...Thick and Rich classic pea soup with diced smoked ham.

SEAFOOD DISHES

SHRIMP ROSE...Steamed shrimp on a bed of rice with a rose sauce and assorted vegetables.

DILL HADDOCK...Grilled haddock, onions, zucchini and mushrooms. Served with rice pilaf.

ATLANTIC SALMON... Salmon filet chunks tossed with corn, beans, celery, and onion and flavored with lemon and basil pesto. Served with rice.

TimeSaver

FOODS

*Rural Ottawa South
Support Services*

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613.692.4697*

or

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CHICKEN DISHES

BUTTER CHICKEN... Fresh tender chicken breast stewed with sweet potato, paprika, pepper, garlic, ginger, zucchini, mushrooms, onions, cinnamon and cilantro.

PINEAPPLE CHICKEN... Tender chicken breast marinated in our very own pineapple sauce. Served with diced pineapple, green peppers, onions and rice.

CHICKEN POT PIE... Fresh chicken breast, onions, celery and carrots stewed with diced potatoes in gravy topped off with a home baked pie crust.

CHICKEN STEW... Fresh chicken breast, onions, basil and oregano stewed with diced potatoes, celery and carrots.

SESAME CHICKEN... Fresh chicken breast with our ginger sauce, garlic, brown sugar, sesame oil, celery, broccoli, carrots and bok choy.

LEMON DILL CHICKEN... Fresh diced chicken breast, garlic, onions, basil, oregano, dill and lemon juice stewed with diced tomatoes, celery, mushrooms, carrots and rice.

CURRY CHICKEN... Curry stewed chicken with fresh onions, carrots, currants and tomatoes. Served with rice.

BAR-B-Q CHICKEN... Slow grilled chicken with BBQ sauce, onions, celery, mushrooms and carrots. Served with rice pilaf.

FEATURED DISHES

TIME SAVER BREAKFAST... Two scrambled eggs, smoked bacon, and our seasoned home style potatoes.

TOMATO BEAN SOUP... Chock full of beans, veggies, herbs, and rice. Healthy, hearty, and delicious!

PIEROGIES... Pillows of dough stuffed with cheesy potatoes. Served traditionally with sweet onions, green peppers, and our special sour cream topping.

BOWTIE PESTO CHICKEN... Bowtie shaped Pasta tossed with chicken breast, parmesan cheese, and a tomato pesto sauce.

TURKEY DINNER... Roasted turkey with gravy served with mashed potatoes and carrots.

MACARONI AND CHEESE... Classic comfort food with a blend of noodles, three cheeses, and crisp bread crumbs. Simple and scrumptious!

BEEF DISHES

BEEF STEW... Tender cubes of steak seared and then simmered in our tasty gravy with potato, carrots, celery, onions and herbs.

LIVER & ONIONS... Roast baby beef liver with fried onions and gravy served with mashed potatoes, turnips, carrots and green peas.

HONEY GARLIC MEATBALLS... Meatballs tossed in a honey-garlic glaze, mixed with zucchini, mushrooms and onions. Served with rice.

SWEDISH MEATBALLS... Egg noodles and savory meatballs tossed in our home made gravy with green peppers and onions.

ROAST BEEF DINNER... Tender slowcooked roast beef smothered in our own delicious gravy. Served with green beans and roast potatoes.

SHEPHERD'S PIE... Seasoned ground beef with a layer of creamed corn and corn niblets, topped with mashed potatoes.

MEATLOAF... Homemade meatloaf baked to perfection served with carrots and mashed potatoes and gravy.

BEEF STROGANOFF... Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles.

