



THE TOASTED WALNUT

FREEZER MEALS

LASAGNA

Chicken Lasagna Small \$16.00
Chicken Lasagna Large \$32.00

Meat Lasagna Small \$14.00
Meat Lasagna Large \$28.00

Vegan Lasagna Small \$16.00

Vegetable Lasagna Small \$14.00
Vegetable Lasagna Large \$28.00

Moroccan Stew Small \$12.00
Moroccan Stew Large \$24.00

Quiche \$25.00

Shepherd's Pie Small \$14.00
Shepherd's Pie Large \$28.00

Tourtière Individual \$6.00
Tourtière Large \$25.00

SOUP Small \$6.00 Large \$12.00

Butternut Squash and Apple Soup
Mango Curry Butternut Squash Soup
Roasted Red Pepper Soup
Tomato Basil Soup

GLUTEN-FREE BREAD

Herb & Cheddar \$10.60
Almond Cinnamon \$9.95
Burger Buns \$8.10