



# 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
Chicken Pot Pie Small	\$ 6.00
Chicken Pot Pie Large	\$25.00
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	

