

timetoeat
prepared meals

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SOUPS

<v> *Vegetarian Option*

Chicken and wild rice with vegetables – *slow-cooked chicken with carrot, onion, celery, and green pea*

<v>**Spicy sweet potato and chipotle** – *smooth with just a hint of heat, served with Mexican flavoured sour cream*

<v>**Squash** - *seasonal squash soup; great for cold nights*

<v>**Potato and leek** – *russet potatoes and zesty leeks make this a favourite*

<v>**Sweet green pea with spinach** – *great for expecting mothers, full of greens*

<v>**Barley and mushroom stew** – *loaded with veggies, this stew is always a hit*

<v>**Broccoli** – *this soup is creamy with chunks of whole broccoli florets*

<v>**Caramelized cauliflower** – *slow roasted cauliflower is pureed with onions and garlic to make this sweet and savoury soup*

<v>**Curry chickpea** – *a classic soup with an Indian twist*

<v>**Roasted tomato** – *delicately flavoured with basil and garlic*

Beef or chicken stew – *hearty and rustic with your choice of meats*

Mexican stew – *chicken braised in a thick tomato base with corn, black beans and long grain rice*

<v>**Egg drop soup** – *with tofu, baby bok choy and cherry tomatoes*

<v>**3 bean stew** - *kidney and lima beans combine with black eye peas to make this satisfying dish*

<v>**Potato and chickpea stew** - *a bright and colourful dish with mixed sweet peppers and seasoned with a pinch of saffron*

DINNER SALADS

All left fresh in your fridge for you

Caesar - served with baked chicken breast and home made croutons

Taco salad – chili, nachos, cheddar cheese and tomatoes on crispy iceberg lettuce

B.L.T. – all the elements of the sandwich, served with ranch dressing

Chef Salad – generous chunks of cheese, egg and deli style turkey on a bed of greens and chopped vegetables

<v>**Pasta salad** - with broccoli, green beans, snow peas and cherry tomatoes served with vinaigrette

<v>**Greek salad** – Roma tomatoes, cucumbers, green peppers, red onions and black olives tossed with extra virgin olive oil and Greek seasoning, topped with feta cheese

<v>**Big garden salad** – hand made croutons and big chunks of vegetables served on mixed greens and baby spinach leaves

<v>**Moroccan quinoa salad** - a unique combination of black beans, toasted almonds and mixed vegetables with Moroccan spices

PASTA

<v>**Penne in tomato sauce** – the chef's twist on a classic sauce, with wilted spinach and asiago

Lasagna - your choice of vegetarian or classic

Baked spaghetti – al dente pasta topped with tomato sauce, mini meatballs and mozzarella

<v>**Grown-up's macaroni and cheese** – a gourmet version of the classic with your choice of broccoli, sweet peas or baby spinach

<v>**Cannelloni** – stuffed with goat cheese, spinach and shallots, topped with a basil infused tomato sauce and mozzarella

Farfalle with carbonara and spring peas – *bacon and cream sauce with a hint of mint*

<v>**Rigatoni with sweet tomatoes, eggplant and mozzarella** – *traditional Italian comfort food*

Penne with sautéed chicken breast - *in a light lemon and herb butter sauce*

Rigatoni with tomatoes, eggplant and mozza - *a simple flavour combo that packs a big punch*

<v> **Broccoli and California style walnuts with egg noodles** - *toasted walnuts and steamed broccoli are tossed with noodles and a light citrus sauce*

Gnocchi with pancetta and cream sauce - *with your choice of steamed asparagus spears or baby spinach*

MIX 'N' MATCH PASTA AND SAUCE

Choose your pasta and sauce, mix and enjoy

Tortellini

Penne

Spaghetti

Linguini

Shells

Rigatoni

Bolognese

Chef's tomato sauce – <v>

Lemon and herb butter sauce – <v>

Chef's secret spaghetti sauce

Cream sauce – <v>

Cheese sauce – <v>

Basil pesto – <v>

DINNER ENTREES

Sweet and sour meatballs – *handmade meatballs in a sweet and sour sauce with green peppers and pineapple served on a bed of rice*

Shepherd's pie – *the classic family favourite with style, fresh seasonal vegetables are sautéed with the beef, topped with garlic mashed potatoes and cheddar cheese*

Chicken or beef stir-fry – *your choice of spicy meats are added to mixed vegetables and thick rice noodles*

Chorizo Couscous – zesty chorizo sausages are chopped and sautéed with a tomato based cream sauce, cauliflower and red peppers served on a bed of couscous

Chicken tagine – a Moroccan inspired dish of slow-cooked chicken, mixed vegetables and sweet dried fruit served with couscous (traditionally eaten with your hands!)

Beef or chicken curry – coconut cream sauce, spicy yet sweet, served on basmati rice

Chili - the traditional style chili with added vegetables to lighten things up a bit

Chicken or beef enchiladas - topped with cheese and baked

Beans and green - a traditional Italian peasant dish with spicy sausages, navy beans and escarole (availability is limited depending on the season)

VEGETARIAN DINNER ENTREES

Sweet and sour tofu – stir-fried tofu, green peppers and pineapple in a sweet and sour sauce

Shepherd's pie – mixed home-style vegetables topped with garlic mashed potatoes and cheddar cheese

Mexican rice mix – tomato, corn and black bean with cilantro and freshly squeezed lime juice, served with nachos

Eggplant stew – hearty tomato-based stew with button mushrooms and garbanzo beans

Ratatouille – big chunks of hearty vegetables and sautéed tofu, classic comfort food

Vegetable stew casserole – all the elements of stew mixed with pasta and topped with cheddar cheese, then baked

Mushroom and spinach casserole – a variety of seasonal mushrooms and wilted spinach in a cream sauce with a pinch of nutmeg

Cauliflower, potato and cherry tomato bake – in a cheesy, creamy sauce with leeks and Hungarian paprika

Chinese style mixed vegetables with tofu – thinly sliced vegetables and tofu in a light sauce

Chickpea curry – coconut milk-based sauce with turnip, cauliflower and fresh ginger root, served on a bed of brown rice

Chili – *three bean blend loaded with vegetables topped with fresh cilantro and limejuice*

Vegetable stir-fry – *a light dish, full of flavor, served with thick rice noodles*

Italian vegetable bake with lentils and pine nuts - *a healthy and filling dish loaded with fresh vegetables and herbs*

Mixed bell pepper and potato couscous - *a Tunisian inspired dish, slow cooked and served over flavour infused couscous*

Quinoa and lentil pilaf - *a zesty citrus dish with celery and red peppers*

Veggie fajitas - *a mix of peppers, red onion and squash ready for you to roll into a shell and top with Monterey jack cheese*

Italian stuffed portabello mushrooms - *portabello caps are stuffed with red peppers and three types of cheese then roasted to perfection*

Curried potatoes with peas, raisins and cashews - *a tasty combination of sweet and savoury flavours topped with toasted cashews*

Cashew paella - *black olives, baby corn, sweet peas and mixed peppers with all the traditional paella flavours*

MIX 'N' MATCH DINNERS

Choose one plus a side from the list below

Chipotle baked chicken - *tender all white meat in a piquant red sauce*

Pork chops - *with apple and raisin compote*

Chicken Parmigiana – *lightly breaded chicken breast topped with tomato sauce, mozzarella and Parmesan*

Maple glazed salmon – *a pan seared salmon steak with a light maple glaze*

Roast beef or pork – *your choice of tender meat, roasted then braised, seasoned to perfection, served with homemade gravy*

Meatloaf – *classic family dish with a little flare, served with a tomato relish*

Balsamic vinegar chicken with red onions – *incredibly tender and a little sweet*

Lemon and herb baked chicken – *very light, Italian inspired dish*

Pan seared steak – *with garlic butter sauce*

Coconut crusted salmon - *the coconut toasts during baking and adds a nice round flavour to the fish*

SIDES

Roasted cauliflower

Glazed baby carrots

Twice baked potatoes

Choice of mustard, garlic or ranch style mashed potatoes

Garlic roasted potatoes

Roasted carrots

Scalloped potatoes

Steamed broccoli with cheese

Spicy green beans with Parmesan

Green beans in butter sauce

Green beans in tomato sauce

Brown or long grain rice

Risotto

Greek style potatoes

BREAKFAST

Banana bread - *Granny's secret recipe*

Muffins - *apple cinnamon, oatmeal raisin, blueberry or raspberry bran*

Smoothies - *mixed berry, mango, blueberry or strawberry banana*

DIPS

Baba ganoush – *with pita*

Hummus - *with pita*

Tzatziki - *with pita*

Spinach and artichoke dip - *with sourdough*

Guacamole - *with nachos*

Salsa - *with nachos*

Bruschetta - *with toasted baguette slices*