Participant’s Name: Contact Phone/Email:

Delivery/Class Date: Please indicate if you wish to Split your Entrees-

Delivery Address: Allergies/Dietary Restrictions:

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| **Entrees** | **Qty** |
| **\*Mustard Chicken with Leeks**  We need to thank Jamie Oliver for this recipe. We just tweaked his to lighten it up a bit. Chicken smothered w Dijon Mustard and fresh rosemary & thyme, then cooked with beautiful leeks in a light mustard cream/white wine sauce (we cut the cream in half and added chicken broth). Such an amazing dinner thanks Jamie! | 0 |
| **Beef Stew with Red Wine and Mushrooms topped with Blue Cheese**  Gorgeous chunks of beef slow cooked with a savoury mixture of sliced mushrooms, red wine, carrots, potatoes seasoned with rosemary and served with crumbled blue cheese. Wow! | 0 |
| **\*Sweet BBQ Pulled Pork**  Traditional and delicious Sweet BBQ Pulled Pork. Place it in your crock-pot in the morning and in the evening come home to the delicious sugary smell and it is ready to go. Serve sloppy on a crusty bun to soak up all the goodness. | 0 |
| **Maple/Soy and Rosemary Wild Salmon**  This wonderful scrumptious salmon recipe is a combo of sweet maple, salty soy, and hint of savoury with fresh rosemary. | 0 |
| **\*Chipotle Chicken Chili with Black Beans & Sweet Potato** A little bit of smoky adobe sauce rounds out the flavours of this delicious and healthy chilli. With chicken breast, fibre rich black beans and nutrient dense sweet potato. After a hot bowl of this you will definitely be warmed up and fuelled up! | 0 |
| **Cheesy Butternut Squash, Apple, White Beans and Quinoa Casserole**  This is delicious meatless entrée that takes our favourite butternut squash and pairs it with sweet apple, rosemary along with protein rich white beans and quinoa. Top it all off with a cheesy aged cheddar crust! Fantastic. | 0 |
| **\*Rigatoni Sausage Bake**  Perfect for an easy no fuss family dinner. Layers of rigatoni pasta, tomato sauce, sweet Italian sausage, sweet peppers, onions, spinach topped off with a crunchy parmesan crust! Yummy... | 0 |
| **Mediterranean Sole Casserole**  A tasty healthy Mediterranean style fish casserole with fresh sole fillets topped capers, tomatoes, kalamata olives, spices and crunchy panko crumbs. | 0 |
| **\*Moroccan Chicken Stew (Veggie Option-Chickpeas)**  Cubed chicken breast with chick peas, red lentils, onions, tomatoes, butter, turmeric and cinnamon. I love the combination of turmeric and the cinnamon with a little bit of butter for richness. We suggest you serve this with rice and top with yogurt, fresh lemons and fresh cilantro and/or mint! Delicious. | 0 |
| **Spinach/Artichoke Pesto Lasagne Roll Ups**  Great veggie pasta dish that wraps up healthful artichokes, spinach, ricotta and pesto for extra flavour. Top it off with our sweet tomato sauce. Just put it in the oven, and dinner is that easy. | 0 |
| **\*Barbequed Honey Lime Chicken Thighs**  Perfectly portioned for the kids. Delicious skin on chicken thighs with a delicious lip smacking and finger licking (literally) sweet/sour (honey/lime) sauce. | 0 |
| **\*Homemade Chicken Tenders**  Real natural chicken (no fillers or pump) dipped in egg and coated in whole-wheat flour, panko and spices. Perfect for the kids or you! Bake off or fry in pan, making homemade dinners easy and happily eaten. | 0 |

**Instructions:** Select your Entrees below (you can double up on your favourites) and send to Well Fed on or before the Thursday prior to your class/delivery. One menu sheet per participant. Send your selections to: [info@wellfedstudio.com](mailto:info@wellfedstudio.com).

Meal Assembly Menu – November 2014

***\*All Well Fed Chicken and Pork is Natural- Antibiotic and Hormone Free***