Participant’s Name: Contact Phone/Email:

Delivery/Class Date: All Delivery/Pick Up Orders will be Split

Delivery Address: Allergies/Dietary Restrictions:

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| **Entrees** (Select a total of 8) | **Qty** |
| **Traditional and Delicious Meat Lasagne**Layers of fresh lasagne noodles, lean ground beef and sausage, luscious tomato sauce, and ricotta/mozzarella cheese. Fantastic and easy dinner that everyone will love. | 0 |
| **Lemon Parsley Pesto Wild Sockeye Salmon**Gorgeous Wild Sockeye Salmon lathered in a savoury lemon pesto with parsley, basil, capers and lemon. | 0 |
| **\*Chicken Parmesan**Traditional recipe that is always a family favourite. Thin chicken breasts layered with egg and crunchy parmesan panko crust. Topped off with delightfully sweet tomato sauce and finally sprinkled with parmesan and mozzarella cheese. | 0 |
| **Pulled Braised Beef**Perfect for you next ski trip away! Start your slow cooker up for this yummy family friendly meal. Braised beef cooked with onions in a sweet BBQ sauce. Serve on crusty bun w fresh arugula & aged white cheddar! YUM. | 0 |
| **Channa Saag Paneer** Wonderful meatless dish with chickpeas, fresh paneer cheese, tonnes of healthy spinach and an array of Indian spices. | 0 |
| **NEW! Asian Rubbed Pork Chops**Beautifully thick naturally raised pork chops scored and dredged in our delicious Asian spice rub. Creating a crunchy and flavourful crust.  | 0 |
| **Chunky Seafood Chowder**Lots of big chunks of salmon, sole, and shrimp mixed with potato, corn, celery, carrot and fresh dill. The broth is a mix of vegetable stock and a little bit of milk making this a very scrumptious and healthy chowder | 0 |
| **NEW! Pesto Chicken, Goat Cheese and Red Pepper Quesadillas**Dinner, easy and yummy! Straight from the freezer into the oven. A new chicken quesadilla with mozzarella cheese, goat cheese, from scratch Nut Free Pesto, and Red Pepper. | 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 |
| **BBQ Pork Tenderloin Ribs**First you take pork tenderloin and slice it down the middle, score it to look like ribs and season it with all of the yummy BBQ seasonings and sauce. Guess what you get tonnes of BBQ flavour with-out all the fat of traditional ribs. | 0 |
| **Crunchy Panko Crusted Fish Sticks**Another kid favourite that is sure to be a hit! Beautiful fresh white tilapia fillets coated in a crunchy garlicky panko mixture. | 0 |
| **Three Bean/Spinach Enchiladas**Fantastic vegetarian entree. Whole Tortilla Shells filled w black beans, kidney beans & white beans, seasoned with chilli, cilantro and salsa. Topped w Mexican tomato sauce & three cheese blend. This family favourite is delicious & nutritious! | 0 |

**Instructions:** Select 8 entrees below (you can double up on your favourites) and send to Well Fed on or before the Thursday prior to your class. One menu sheet per participant. Send your selections to: info@wellfedstudio.com.

Meal Assembly Menu – March 2015

***\*All Well Fed Chicken is free run, antibiotic and hormone free***