Participant’s Name: Contact Phone/Email:

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

Delivery Address: Allergies/Dietary Restrictions:

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| **\*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 |
| **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 |
| **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 |
| **NEW French Cassoulet** This heart-warming French Stew is wonderful for a cold rainy day. White Beans, Pork Sausage, Celery, Carrots, Onions, Scented with Thyme, Bay Leaves and Parsley. With a touch a butter for richness. Bon Appetite! | 0 |
| **Turkey Chilli (Veggie Option-more fibre rich beans)**Who doesn’t love a great chilli? Perfect for your next camping/cabin trip! This one is a family favourite with lean ground turkey, fibre rich kidney beans, chickpeas, red pepper, celery corn in a delicious tomato sauce w chilli powder & oregano | 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 |
| **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 |
| **\*Pork Tenderloin with Coconut/Lime Peanut Sauce**First we take butterflied Lean Pork Tenderloin and marinate it a deliciously yummy Asian inspired peanut/coconut and lime sauce. Grilled or Bake it the oven and top with more of this amazing sauce. So easy and so good! | 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: Please select 8 or 4 entrees below** (you can double up on your favourites) & send to info@wellfedstudio.com before Friday at noon prior to your class, delivery or pick up. **\* All Well Fed Chicken & Pork are free run, antibiotic and hormone free**

Meal Assembly Menu – November 2015