



FOR



LATER GATOR

Frozen Meals Ready for Pick-Up

SOUPS (1L)

\$13

Soup of the Day

\$13

Cream of Leek and Potato (v)

\$15

Chicken Noodle (df)

SAUCES (1L)

\$12

Marinara Sauce (vg)

\$18

Beef Bolognese Sauce (df, gf)

\$12

Rosé Sauce (v, gf)

MAIN DISHES

Portion / Price*

df	Coconut Chicken Curry	1L	\$26
df	Chilli (Beef or Turkey)	1L	\$25
	Chicken Pot Pie	9 po. / in.	\$31
gf	Butter Chicken	1L	\$28
	Lasagna with Bolognese Sauce.....	2-4 / \$22	6-8 / \$44
v	Vegetarian Lasagna	2-4 / \$24	6-8 / \$48
v	Seafood Lasagna	2-4 / \$32	6-8 / \$64
gf	Beef Shepherd's Pie	2-4 / \$24	6-8 / \$42
df	Beef meatballs in pepper sauce.....	2-4	\$26
gf	Eggplant parmigiana	2-4	\$23
	Beef Stroganoff.....	1L	\$26
gf	Salmon fillet with a spinach sauce.....	2-4	\$24
df	Vegan stuffed zucchini.....	2-4	\$24

v – Vegetarian

df – Dairy Free

gf – Gluten Free

SWEETS

12 Oatmeal Chocolate Chip Cookies.....

12 \$

1 Zucchini chocolate loaf

15 \$

12 Mini Vegan, Sugar Free, Banana Raspberry Muffins (df)

14 \$

Order at 123-pret.ca every day before 4:30 p.m.
Questions? info@123-pret.ca