

Home for Dinner

HAND MADE QUALITY FOODS

VERNON: BY ANDRES AUDIOTRONIC
300B 3101 48th AVE. 250-549-3145

KELOWNA: MILL CREEK CROSSING
107-1912 ENTERPRISE WAY 778-478-0343

www.homefordinner.info

Open Monday to Friday 10-6
Saturday 10-5 Sunday 11-5

A little bit about Home for Dinner

Home for Dinner was started in 2006 by Rosemarie Brownfield and Paul Brownfield, a mother and son combo of home cooks with ambition to make convenience foods healthier. The business was built on customer service and dedication to the customers.

WHY SHOP AT HOME FOR DINNER?

- **Antibiotic Free**, farm fed, fresh chicken and beef (raised with no added growth hormones)
- No Preservatives, No Additives and No Added MSG
- Made BY HAND, FROM SCRATCH
- Local products wherever possible
- Much less sodium than mass produced frozen convenience foods
- Home for Dinner is a locally owned and operated family business

HEARTY SOUPS

Vegetable Minestrone (V) (D.F.)

Thick and hearty *vegetarian* soup loaded with zucchini, kidney beans, vegetables and noodles.
Small 450 g (\$6.25) or Medium 950 g (\$12.50)

Borscht (V) (G.F.)

This is a classic borscht is "Doukhobor" style with cabbage, carrots, beets, and onions.
Small 450 g (\$6.25) or Medium 950 g (\$12.50)

Chicken Noodle Soup (D.F.)

This low sodium recipe is made completely from scratch with chicken, vegetables and egg noodles.
Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Beef and Barley (D.F.)

A nutritious and meaty lean ground beef and fresh vegetable soup with barley. Our most popular soup!
Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Yellow Split Pea and Ham (G.F.) (D.F.)

Smoked ham with carrot and celery, this classic yellow split pea soup is a family favorite.
Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Hearty Three Bean Chili (G.F.) (D.F.)

Ground beef simmered with fresh vegetables, tomatoes, corn and three beans, perfectly spiced.
Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Beef Stew (G.F.)

Tender cubes of seared sirloin beef, slow simmered in bacon, onions and carrots all stewed together in a rich and bold sauce.
Small 450 g (\$10.50) Medium 900 g (\$21)

(G.F.) = GLUTEN FREE

(D.F.) = DAIRY FREE

(V) = VEGETARIAN

BAKEABLES

Ricotta and Basil Stuffed Chicken

Chicken breasts stuffed with ricotta, fresh bread crumbs and parmesan and lightly brushed with basil butter. Individually wrapped, ready to bake.
Small 2 X 225g (\$14) or Medium 4 x 225g (\$27).

Chicken Cordon Bleu

Lightly breaded chicken breasts stuffed with black forest ham and fresh sliced Swiss Emmental cheese. Individually wrapped, ready to sauté or bake.
Small 2 X 225g (\$14) or Medium 4 x 225g (\$27).

Chicken Pot Pie

Juicy diced chicken breast in a light and creamy white gravy with lots of vegetables in a home-style pastry topped pie shell pan. A family favorite!
Small 4" (\$7) and Medium 11" (\$20.50)

Meat Pie (Tourtiere)

Ground beef and onions with traditional spices in a home-style pastry shell. A fantastic French holiday tradition. *Small 4" (\$7) and Medium 11" (\$20.50)*

"Best Ever" Meat Loaf

Perfectly seasoned beef meatloaf with carrot and cheddar topped with a tangy tomato sauce. This dish is the "best ever" Uncooked and ready to bake.
Small 350g (\$8.50) or Medium 800g (\$17)

Spanakopita (V)

Ricotta cheese, spinach, feta cheese and a hint of dill wrapped in Phyllo pastry. Individually packaged, meal sized, ready to bake triangles.
Small 2 X 225g (\$13) or Medium 4 X 225g (\$25.50)

Oven Fried Chicken Legs

Buttermilk marinated crispy coated ready to bake delicious oven fried chicken!
Individually packaged, ready to bake and serve!
1kg (\$12.50)

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BAKEABLES

Italian Sausage Pasta Bake

Sliced mild Italian sausage with zesty tomato sauce, penne pasta, noodles, red pepper, with mozzarella and parmesan cheese and topped with more cheese!
Small (\$8.50), Medium (\$17) or Large (\$34) pan.

Shepherd's Pie (G.F.)

One of our most popular dishes! Ground beef and fresh vegetables in delicious gravy topped with fluffy mashed potatoes. Ready to bake.

Small (\$9), Medium (\$18) or Large (\$36) pan.

Turkey Shepherd's Pie (G.F.)

Ground turkey beef and fresh vegetables in delicious gravy topped with tasty yamatoes. Ready to bake.

Small (\$9), Medium (\$18) or Large (\$36) pan.

Chicken Lasagna

Chicken, mushrooms, and crisp broccoli layered between a creamy béchamel (white) parmesan sauce with mozzarella and parmesan Ready to bake.

Small (\$9), Medium (\$18) or Large (\$36) pan.

Hearty Lasagna

Traditional beef lasagna with rich layers of noodles, ricotta, parmesan, cottage, and mozzarella cheeses with a zesty tomato meat sauce. Ready to bake.

Small (\$9), Medium (\$18) or Large (\$36) pan.

Cabbage Rolls (G.F)

Loaded with lean ground pork beef with rice and bacon, hand wrapped in cabbage and smothered in tangy and sweet tomato sauce with sauerkraut.

Medium (4+) (\$16) and Large (10+) (\$34) pan

Baby Back Ribs (G.F.) (D.F.)

Tender, fall off the bone, Baby Back ribs in our homemade tomato BBQ Sauce. Fully cooked just heat in oven or on BBQ and serve!

Medium 750g (\$16) and Large 1.7 kg (\$32) pan

BBQ Pulled Pork (G.F.) (D.F.)

Tender, super slow roasted pork in a smoky house made BBQ sauce. Fully cooked just heat and serve!

Small 350g (\$9) and Medium 850g (\$18) pan

BBQ Pulled Turkey (G.F.) (D.F.)

Tender, slow roasted turkey breast in a smoky house made BBQ sauce. Fully cooked just heat and serve!

Small 350g (\$10) and Medium 850g (\$19) pan

VEGETARIAN FOIL PAN BAKEABLES

3 Cheese Macaroni (V)

Our kid friendly, homemade version of the favorite. Macaroni pasta with a zesty aged cheddar sauce and a crunchy, cheddar topping. Ready to bake.

Small (\$7), Medium (\$14) or Large (\$28) pan.

Garden Vegetable Lasagna (V) (G.F.)

Delicious vegetarian lasagna loaded with garden vegetables in a zesty Italian sauce with ricotta, cottage, mozzarella and parmesan cheeses!

Now made with **organic brown rice noodles!**
Small (\$9), Medium (\$18) or Large (\$36) pan.

Spinach Stuffed Cannelloni (V)

Our popular vegetarian cannelloni. Spinach, cottage cheese, parmesan cheese and cream cheese stuffed pasta shells smothered with a zesty tomato sauce and topped with mozzarella cheese. Ready to bake.

Small (\$8), Medium (\$16) or Large (\$34) pan.

Foil Pan Bakeable Sizes

Small 4.5" X 5.5" pan (Serves 1)

Medium 6" X 8.5" (Serves 2-4)

Large 9.5" X 12" (Serves 6-8)

Did you know?

*Home for Dinner uses quality **Non-Defrosting** freezers at very low temperatures to store all of our great products so that there is no freezer damage. This ensures that when you bake, microwave or heat them up on your stove top at home they are of the same fresh quality as when they were made!*

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SAUCY ENTREES

Green Curry Lentil Dal (G.F) (VEGAN)

Our house-made curry paste with tasty lentils and coconut milk. This dish is fully vegan. (NEW)

Small 450g (\$7) or Medium 900g (\$14)

Coconut Curried Chicken (G.F) (D.F)

Tender chicken breast pieces with mushrooms, carrots and tomatoes simmered in a delicious curry coconut lime sauce. Best served on rice.

Small 450g (\$10.50) or Medium 900g (\$21)

Butter Chicken (G.F.)

Tender chicken breast pieces in a rich and creamy butter chicken sauce. Best served on rice.

Small 450g (\$10.50) or Medium 900g (\$21)

Spaghetti Sauce (G.F.) (D.F.)

Grandma Dorothy's famous recipe that the kids traveled miles both uphill both ways for a taste!

Ground beef and vegetables in tomato sauce.

Small 450g (\$8.50) or Medium 900g (\$17).

Beef Stroganoff (G.F.)

Tender strips of sirloin beef with onions and sliced mushrooms in a delicious tomato-based sauce. Thaw, heat, add sour cream and serve over egg noodles.

Small 450g (\$10.50) or Medium 900g (\$21)

Sweet and Sour Pork (G.F) (D.F.)

Tender pieces of pork loin, with carrots and pineapple in our own homemade sweet and sour sauce.

Small 450g (\$10.50) or Medium 900g (\$21)

Pacific or Memphis Meatballs

Our juicy hand rolled meatballs in Memphis BBQ Sauce or Asian Pacific Sauce! Just heat and serve with your favorite side! 450g (\$9) or 900g (\$18).

ALL SAUCY ENTREES ARE FULLY COOKED AND READY TO THAW, HEAT AND SERVE SUPER QUICKLY FOR EASY FAMILY MEAL OPTION!

APPETIZERS

Hickory Dry Ribs (G.F.)

Tender meaty ribs with a BBQ dry rub with just a touch of spice, salt and hickory smoke, these are ready to bake and serve! *900g (\$20)*

Plain Meatballs

Juicy hand rolled beef and pork seasoned meatballs individually frozen. Fully cooked and ready to serve with your own sauce as a great appetizer! *450g (\$13).*

Meatballs in Pacific Sauce

Juicy hand rolled meatballs in Asian pineapple pacific sauce! *450g (\$9) or 900g (\$18)*

Memphis BBQ Meatballs

Our juicy hand rolled meatballs in Memphis BBQ Sauce! Just heat and serve! *450g (\$9) or 900g (\$18).*

Cranberry Pecan Cheeseball (G.F) (V)

Handmade Cheeseball of cream cheese aged cheddar, dried cranberry with a pecan coating will wow your family and friends. Just thaw and serve! *350g (\$14)*

Artichoke and Asiago Dip (G.F) (V)

Artichoke hearts and Asiago cheese with fresh garlic and topped with parmesan. An indulgence that will impress everyone! Ready to bake! *(300g/\$13)*

Roasted Red Pepper and Gouda Spread (G.F)

Formidable Gouda and feta cheese spread with the tantalizing taste of roast red peppers. Great on toasted baguette or crackers! Thaw and serve. *(250g/\$11) (V)*

Mini Spanakopita (V)

Back by popular demand! Mini Spanakopita triangles, filled with rich feta and spinach and a hint of dill. A party favorite! *(24/\$36).*

Spinach, Cream Cheese & Bacon Bites

These tasty little bakeable treats are filled with three cheeses and smoky bacon. A guaranteed party hit! *(1 kg (28-34 pieces)/\$27).*

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SIDE DISHES

Cooked Rice

Plain fully cooked rice. Just heat and serve!
Small 275g \$2 Medium 600g \$4

Original Mashed Potatoes (G.F) (V)

A tasty mixture of REAL potatoes, seasonings and cream cheese. Tastes like freshly made homemade mashed potatoes. Ready to bake.

Small 400g (\$4.50) or Medium 900g (\$9)

Romanoff Potatoes (G.F) (V)

A delicious mixture of grated potato, sour cream, aged cheddar, and green onions Ready to bake.

Small 400g (\$6) or Medium 900g (\$12)

Yamtatoes (G.F) (V)

A delicious mixture of yams and potatoes. Ready to bake. *Small 400g (\$6) or Medium 900g (\$12)*

Cheezy Garlic Bread (V)

It's pre-sliced and pre-garlic buttered fresh French bread with herbs and zesty parmesan cheese.

It's known as the "Best Garlic Bread" in town!!!

Full loaf (15+) slices (\$9)

Seasoned Potato Wedges

Lightly seasoned Canadian Kennebec Potato Wedges that are ready to bake. *1kg (\$8)*

Kennebec French Fries (G.F.) (V)

Delicious Canadian Kennebec Potato French fries ready to bake or fry in a deep fryer. *1 kg \$6*

DESSERTS

Mini Cheesecakes

Super tasty individual sized made from scratch cheesecakes. Choose from Cherry, Mixed Berry or Chocolate Marble. Ready to thaw and serve!

2 cakes (\$3.50) or 6 cakes (\$9)

Banana Walnut Bread

Made with tasty walnuts, our banana bread is sure to be a favorite! Ready to thaw and serve.

250g (\$4.50) or 600g (\$9)

Strudels

Locally made delicious strudels ready to bake. Apple, Cherry or Blueberry flavors.
4 pk for \$4

QUICK AND EASY

Handmade Quiche

Assorted flavors available. Made fresh Every Monday Morning. Can be special ordered anytime. Limited frozen availability. *4" (\$5.50) or 11" (\$17)*

Chicken Chow Mein (D.F.)

Tender chicken pieces and noodles with assorted sautéed vegetables with sesame and soy sauces. Try it with Home for Dinner Sweet and Sour Pork.

Small 225g (\$7) or Medium 625g (\$14).

Turkey Quinoa Wraps

This tasty and healthy wrap is packed with lean ground turkey, healthy quinoa, broccoli and a light peanut lime sauce. (2 pack for \$13)

Handmade Burritos

Ready to bake, microwave or heat in a pan.

Bean Burritos (V)– Whole wheat tortillas stuffed with refried beans, veggies, salsa & aged cheddar.

Individually frozen 250g 2 pk. (\$10) 6 pk. (28)

Beef Burritos– Whole wheat tortillas stuffed with seasoned lean ground beef, salsa, and aged cheddar.

Individually frozen 250g 2 pk. (\$11) 6 pk. (\$30)

Chicken Burritos –Lightly seasoned chicken breast, salsa, and aged cheddar in a whole-wheat tortilla.

Individually frozen 250g 2 pk. (\$12) 6 pk. (\$32)

Handmade Quesadillas

Ready to bake, microwave or heat in a pan

Black Bean and Corn (V) – Folded tortillas filled with black beans, corn, salsa and peppers with fresh mozzarella and aged cheddar cheese.

Individually frozen 350g. 2 pk. (\$12.50) 4 pk. (\$24)

Greek Chicken – Folded tortillas filled with seasoned strips of chicken breast, sautéed peppers and onions, black olives and sundried tomatoes with feta, mozzarella and aged cheddar.

Individually frozen 350g. 2 pk. (\$14.50) 4 pk. (\$28)

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FOR THE GRILL

Handmade Lean Beef Burger Patties

Extra lean ground beef hamburgers made with fresh, local ground beef from *Butcher's Boys* in Vernon.

Perfect for your BBQ with a homemade taste, unmatched by standard store-bought burgers.

¼ lb. Burgers 6 for (\$17)

Handmade Lean Turkey Burger Patties

Extra lean ground turkey hamburgers made with fresh, local ground turkey, spinach and feta cheese.

These tasty burgers are also Gluten Free (G.F.)

¼ lb. Burgers 6 for (\$18)

Chicken Souvlaki (G.F.) (D.F.)

Juicy chicken breast cubes marinated in Greek Souvlaki marinade and placed on wooden skewers.

Ready to grill. *125g skewers 4 pack for (\$16)*

Veggie Burgers

Delicious made from scratch with carrots and black bean, vegetable burgers. **Intended for a flat grill.**

¼ lb. Burgers 6 for (\$15)

Lamb Burgers (G.F.)

Ground lamb seasoned with rosemary & garlic for a tasty change from a traditional beef burger.

5 oz. burgers 6 for (\$19)

GRANOLA

**Coconut Cashew, Almond Cranberry
Flavors Available**

Homemade crunchy and delicious, healthy granola. No added sugar.

Ready to eat. *500g (\$10)*

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FULL INDIVIDUAL MICROWAVEABLE MEALS

All microwavable meals are fully cooked, ready to heat and eat in microwavable packaging! Great for busy people on the go, seniors, and anyone that needs a quick and healthy homemade meal!

Three Cheese Macaroni (V)

Elbow macaroni pasta with a zesty aged cheddar sauce and crunchy crumb and parmesan cheese topping. Kid friendly! *\$7.75 (400g)*

Spaghetti Dinner

Grandmas traditional spaghetti sauce over spaghetti noodles, topped with parmesan cheese *\$8.50 (450 g)*

Italian Sausage Pasta Bake

Locally Made BX Mild Italian Sausage with our own homemade tomato sauce, penne pasta, red pepper and topped with cheese. *\$9 (400g)*

Shepherd's Pie (G.F.)

Simmered ground beef and vegetables in delicious gravy topped with mashed potatoes. *\$9 (400g)*

Meatloaf with Mashed Potatoes and Vegetables

Perfectly seasoned beef meatloaf with onion, carrot and cheddar topped with a tangy sauce. *\$9(415g)*

Swedish Meatballs Dinner

Tasty beef and pork meatballs lightly seasoned with spices in delicious beef gravy. *\$9 (425g)*

Coconut Curry Chicken over Rice (G.F.)

Chicken breast pieces with onions, mushrooms, and carrots in a coconut curry lime sauce *\$9.50 (450g)*

Chicken Tetrazzini over Locally Made Noodles

Chicken strips in a parmesan mushroom sauce over egg noodles, topped with parmesan. *\$9.50(375g)*

Baked Cabbage Rolls in Tomato Sauce (G.F.)

Fully cooked and ready to heat and serve in minutes. Lean ground pork and lean ground beef with rice and bacon, hand wrapped in cabbage and smothered in tomato sauce. 2 rolls per container. *\$9.50 (550g)*

Butter Chicken Dinner

Our delicious Butter Chicken sauce served over Steamed Rice. *\$9.50 (400g)*

Oven Baked Italian Chicken Breast Dinner

A parmesan & bread crumb coated chicken breast with mashed potatoes and vegetables *\$9.50 (400g)*

Roast Beef with Mashed Potatoes, Gravy and Vegetables (G.F.)

Tender beef roasted to perfection with homemade gravy, mashed Potatoes and vegetables *\$9.50 (450g)*

Turkey with Mashed Potatoes, Gravy, Stuffing, Vegetables and Cranberry Sauce

Our Most Popular Meal!! Fresh roasted turkey, real homemade gravy (made from real turkey broth), stuffing, mashed potatoes and real cranberry sauce and vegetables. *\$10.50 (475g)*

GIFT CARDS NOW AVAILABLE

Home for Dinner is a very thoughtful and practical gift for your senior parents, grown children, college students, family and friends. For those who are expecting an addition to the family or to those who have recently experienced a loss. Give them the gift of a great meal in busy times or in times of need!

NOTE: MENU AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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VAC HEALTH CARDS ACCEPTED

DO YOU NEED DELIVERY?

FREE DELIVERY on any order over \$80, under \$80 there is a \$12.00 delivery fee. Extra charges may apply to deliveries over 10 Km from Home for Dinner stores. Call for details!