

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

We are closed for Federal and Provincial

Holidays unless otherwise stated.

HEARTY SOUPS

Vegetable Minestrone (V) (D.F.)

Thick and hearty *vegetarian* soup loaded with zucchini, kidney beans, vegetables, and noodles.

Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Borscht (V)(G.F.)

This is a classic borscht is "Doukhobor" style with cabbage, carrots, beets, and onions.

Small 450 g (\$6.75) or Medium 950 g (\$13.50)

Chicken Noodle Soup (D.F.)

This low sodium recipe is made completely from scratch with chicken, vegetables, and egg noodles.

Small 450 g (\$7.25) or Medium 950 g (\$14.50)

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 (\$7.25) or Medium 950 g (\$14.50)

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 (\$7.25) or Medium 950 g (\$14.50)

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

Ground beef simmered with fresh vegetables, tomatoes, corn and three beans, perfectly spiced.

Small 450 g (\$7.25) or Medium 950 g (\$14.50)

BAKEABLES

Ricotta and Basil Stuffed Chicken

Chicken breasts stuffed with ricotta, fresh breadcrumbs and parmesan and lightly brushed with basil butter. Individually wrapped, ready to bake.

2 Pack X 225g (\$15)

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.

2 Pack X 225g (\$15)

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 5" (\$7.50) and Medium 10" (\$22.00)

Meat Pie (Tourtiere)

Ground beef and onions with traditional spices in a home-style pastry shell. A fantastic French holiday tradition. *Small 5" (\$7.50) and Medium 10" (\$22.00)*

"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 (\$9.00) or Medium 800g (\$18)

Spanakopita (V)

Ricotta cheese, spinach, feta cheese and a hint of dill wrapped in Phyllo pastry. Individually packaged, meal sized, ready to bake triangles.

2 Pack X 225g (\$14)

Oven Fried Chicken Thighs

Buttermilk marinated crispy coated ready to bake delicious oven fried chicken!

Individually packaged, ready to bake and serve!

1kg (\$13.50)

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 (\$9.00), Medium (\$18) o Large (\$36)

BAKEABLES

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 (\$9.50), Medium (\$19) or Large (\$38) pan.

Turkey Shepherd's Pie (G.F.)

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

Small (\$9.50), Medium (\$19) or Large (\$38) pan.

Chicken Lasagna

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

Small (\$9.50), Medium (\$19) or Large (\$38) 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 (\$9.50), Medium (\$19) or Large (\$38) 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+) (\$19) and Large (10+) (\$38) 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 (\$17) and Large 1.7 kg (\$34) 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 (\$9.50) and Medium 850g (\$19) 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 (\$10.50) and Medium 850g (\$20) pan

VEGETARIAN FOIL PAN BAKEABLES

(V=VEGETARIAN)

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 (\$7.50), Medium (\$15) or Large (\$30) 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 (\$9.50), Medium (\$19) or Large (\$38) 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 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!

(G.F.) = GLUTEN FRIENDLY

(D.F.) = DAIRY FREE

(V) = VEGETARIAN

Note: Menu items and prices are subject to change without notice.

SAUCY ENTREES

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 (\$11.00) or Medium 900g (\$22)

Butter Chicken (G.F.)

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

Small 450g (\$11.00) or Medium 900g (\$22)

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

Grandma Dorothy's famous recipe that the kids traveled miles uphill both ways for a taste! Ground beef and vegetables in tomato sauce.

Small 450g (\$9.00) or Medium 900g (\$18).

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 (\$12.00) or Medium 900g (\$23)

Beef Stew *NEW* (G.F.)

Tender cubes of sirloin beef slow simmered with bacon, onions, and carrots in a rich and bold sauce.

Small 450g (\$12.00) or Medium 900g (\$23)

**ALL SAUCY ENTREES ARE FULLY
COOKED
AND READY TO THAW,
HEAT IN SAUCEPAN OR MICROWAVE!**

Instagram: @homefordinnerokanagan
www.facebook.com/homefordinner

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 (\$22)

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 (\$14).

Meatballs in Pacific Sauce

Juicy hand rolled meatballs in Asian pineapple pacific sauce! 450g (\$9.50) or 900g (\$19)

Memphis BBQ Meatballs

Our juicy hand rolled meatballs in Memphis BBQ Sauce! Heat and serve! 450g (\$9.50) or 900g (\$19).

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 (\$15)

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/\$14)

Cheesy Garlic Bread (V)

It's pre sliced and buttered with garlic, herbs and parmesan spread. Put together with Italian bread from our local Vernon COBS Bread!

Full Loaf (15+ Slices) (\$8.50)

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/\$38).

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)/\$29

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SIDE DISHES

Cooked Rice

Plain fully cooked rice. Just heat and serve!

Small 275g \$3.50 Medium 600g \$7

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 (\$5) or Medium 900g (\$10)

Romanoff Potatoes (G.F.) (V)

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

Small 400g (\$6.50) or Medium 900g (\$13)

Yamatoes (G.F.) (V)

A delicious mixture of mashed yams and potatoes.

Small 400g (\$6.50) Medium 900g (\$13)

Seasoned Potato Wedges

Lightly seasoned Canadian Kennebec Potato Wedges that are ready to bake. *1kg (\$8.50)*

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

Delicious Canadian Kennebec Potato French fries ready to bake or fry in a deep fryer. *1 kg (\$7)*

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 (\$4.00) or 6 cakes (\$10)

Banana Walnut Bread

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

250g (\$5) or 600g (\$10)

Strudels

Locally made delicious strudels ready to bake. Apple, Cherry, or Blueberry flavours.

4 pk for (\$4.50)

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QUICK AND EASY

Handmade Quiche

Assorted flavors available. Made fresh Every Monday Morning. Can be special ordered anytime. Limited frozen availability. *5" (\$6.00) or 10" (\$18)*

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 (\$7.50) or Medium 625g (\$15).

Handmade Burritos

Ready to bake, microwave or heat in a pan.

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

Individually frozen 250g 2 pk. (\$11.50)

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

Individually frozen 250g 2 pk. (\$12.50)

Handmade Quesadilla

Ready to bake, microwave or heat in a pan

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. (\$15.50)

Gift Cards Available

Home for Dinner is a very thoughtful and practical gift for your senior parents, grown children, college students, family, and friends. It's also perfect for those who are expecting an addition to the family or those who have recently experienced a loss.

Gift cards can be used at either store and also used over the phone for home deliveries!

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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 (\$18)

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 (\$19)

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 (\$17)*

Veggie Burgers

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

¼ lb. Burgers 6 for (\$16)

Lamb Burgers (G.F.)

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

5 oz. burgers 6 for (\$20)

ANNA'S UKRANIAN PEROGIES

Anna's very own traditional Ukrainian recipes, prepared by hand with top quality ingredients.

Seven different perogy recipes to choose from Regular Dozen: (\$13.50) - (G.F.) Dozen: (\$17.50)

GRANOLA

***Almond Cranberry*Coconut Cashew**

Homemade, crunchy, delicious, and healthy granola. No added sugar. Ready to eat. *500g (\$11)*

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FULL INDIVIDUAL MICROWAVEABLE MEALS

All meals are fully cooked, ready to heat and eat in freezable, microwaveable 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! (\$8.25) 400g

Italian Sausage Pasta Bake

Locally Made BX Mild Italian Sausage with our own homemade tomato sauce, penne pasta, red pepper and topped with cheese. (\$9.50) 400g

"Best Ever" Meatloaf Dinner

Perfectly seasoned beef meatloaf with onion, carrot and cheddar topped with a tangy sauce with mashed potatoes and vegetables. (\$10) 415g

Swedish Meatball Dinner

Tasty beef and pork meatballs lightly seasoned with spices in delicious beef gravy with mashed potatoes and gravy. (\$9.50) 425g

Coconut Curry Chicken Over Steamed Rice (G.F.)

Chicken breast pieces with onions, mushrooms, and carrots in a coconut curry lime sauce (\$10) 450g

Chicken Tetrazzini over Locally Made Noodles

Chicken strips in a parmesan mushroom sauce over egg noodles, topped with parmesan. (\$10) 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. (\$10.50) 550g

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FULL INDIVIDUAL MICROWAVEABLE MEALS

Shepherd's Pie (G.F.)

Simmered ground beef and vegetables in delicious gravy topped with mashed potatoes. (\$9.50) 400g

Turkey Shepherd's Pie (G.F.)

Simmered ground turkey and vegetables in delicious gravy topped with mashed yamatoes. (\$9.50) 400g

Butter Chicken Dinner

Our delicious Butter Chicken sauce served over Steamed Rice. (\$10) 400g

Oven Baked Italian Chicken Dinner

Parmesan & bread crumb coated chicken tenders with mashed potatoes and vegetables (\$10) 400g

Roast Beef Dinner (G.F.)

Tender beef roasted to perfection with homemade gravy, mashed potatoes, and vegetables (\$11) 450g

Roast Turkey Dinner

Fresh roasted turkey, real homemade gravy (made from real turkey broth), stuffing, mashed potatoes, real cranberry sauce and vegetables. (\$12) 475g

Spaghetti Dinner

Grandmas' traditional spaghetti sauce over spaghetti noodle, topped with parmesan cheese. (\$9) 450g

Salisbury Steak *NEW*

Two generous slabs of Salisbury Steak with our original mashed potatoes, lathered in a creamy mushroom gravy and vegetables. (\$11)

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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.

NO PRE-ORDER NEEDED!

WHY SHOP AT HOME FOR DINNER?

Home for Dinner meals are:

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

Veterans Affairs Canada

Health Cards Accepted!

DO YOU NEED DELIVERY?

FREE DELIVERY on qualifying orders over \$80, under \$80 there is a \$12 delivery fee. Extra charges may apply to deliveries over 10 Km from each Home for Dinner location. Call for details!

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