

# Prepared Foods

**M&M** Mexican Style

## Chicken Fajita Kit

Fully cooked, seasoned strips of chicken breast, with onion, peppers and 14 tortilla shells.

**15<sup>99</sup>**  
2.9 lb. box

**M&M** Microwave or Oven Ready

## Veal Cutlettes à la Suisse

Breaded chopped veal filled with Swiss cheese and smoked ham. 8 x 5 oz. servings.

**11<sup>99</sup>**  
2.5 lb. box

**M&M** Microwave or Oven Ready

**NEW**

## Vegetarian Lasagna

A meatless lasagna with seven different vegetables. Sensational! Approx. 6 - 8 servings.

**13<sup>99</sup>**  
4.4 lb. tray



**M&M** Microwave or Oven Heat

## Burritos

Mildly seasoned beef and refried beans in a soft tortilla. 4 x 142 g burritos.

**5<sup>56</sup>**  
pkg. of 4

Only **\$1.39** each

**M&M** Oven Heat

## Ovenfries

Potatoes straight cut and par fried in canola oil.

**3<sup>49</sup>**  
5 lb. bag

**M&M** Microwave or Oven Heat

## Pot Pies

Chicken or Beefsteak. Delicious and economically priced. Sold individually. 8 oz. serving.

**1<sup>79</sup>** each

Everyday Low Price

## Soup

*Chef Francisco* Microwave or Stove Top

## Boston Clam Chowder

Thick and creamy. No preservatives.

**2<sup>59</sup>**  
16 oz. tub

*Chef Francisco* Microwave or Stove Top

## Cream of Broccoli

Chunks of broccoli in a creamy chicken based broth.

**2<sup>49</sup>**  
16 oz. tub

## Seafood

*Hornes* Seafood Sauce 250 mL jar **\$1.99**



**MIRABEL** Thaw n' Serve

## Shrimp Ring

22 - 25 shrimp.

**4<sup>99</sup>**  
6 oz. ring

**M&M** Boneless - Skinless

## Sole Fillets

Natural sole fillets. Individually frozen. 12 - 16 pieces.

**13<sup>99</sup>**  
2.2 lb. box

**MIRABEL** Peeled and Deveined

## Large Size Black Tiger Shrimp

21 - 25 uncooked shrimp.

**11<sup>99</sup>**  
1 lb. bag

## Bite Size Snacks

**M&M** Oven Ready

## Rumaki

Breaded chicken livers and water chestnuts wrapped in bacon. 12 pieces.

**6<sup>99</sup>**  
200 g tray

**M&M** Oven Heat - Crispy Battered

## Cheese Bites

Choose from Swiss or Cheddar Cheese. 36 - 40 pieces.

**5<sup>99</sup>**  
1 lb. bag

**M&M**

*Hornes* Tartar Sauce 250 mL jar **\$1.89**

## Fish Sticks

Mild in flavour and economically priced. 34 - 36 pieces.

**5<sup>99</sup>**  
2.2 lb. box

**SEALEGS** Thaw n' Serve

## Bite Size Sea Legs

Minced Alaskan Pollock and Crabmeat. 60 - 65 pieces.

**4<sup>99</sup>**  
1 lb. bag



...So Good To Come Home To!