

FRIDAY NIGHT FEAST HASSLE-FREE FRIDAYS

\$14.99
PER PERSON*

Enjoy gourmet, take-home dinners every Friday!
To ensure availability please call to pre-order your Friday
Night Feast. Dinners will require reheating. Vegetarian
options available, please speak to our market chef.

APRIL 6

Asparagus Salad with orange sesame vinaigrette
Beef Stroganoff on egg noodles
Maple Pecan Pie

APRIL 13

Black Bean Soup
Alberta Lamb Barbacoa with tomato salsa,
long grain rice and roasted vegetables
Strawberry Carousel Cake

APRIL 20

Roasted Red Pepper Soup
Chicken and Vegetable Pot Pie and spring greens
with date and chipotle vinaigrette
Apple Cobbler

APRIL 27

Quinoa and Apple Salad
Sweet Soy and Ginger Beef Short Ribs
with lemon pepper yams and seasonal vegetables
Fresh Fruit Flan

MAY 4

Roasted Yam and Cranberry Salad
Honey Barbecue-roasted Sunterra Farms Pork Loin with roasted
château potatoes and seasonal vegetables
Black Forest Cake

MAY 11

Curried Chickpea Salad
Butter Chicken on turmeric rice with naan bread
Strawberry Carousel Cake

MAY 18

Tabbouleh
Alberta Lamb Kebabs with lemon-roasted potatoes,
pita and tzatziki
Lemon Tart

MAY 25

Asian Noodle and Vegetable Salad with maple-wasabi dressing
Lemon Grass Chicken Breast on jasmine rice
with stir-fried vegetables
Mango Mousse

*Each bag contains two dinners for \$29.98 or 1,110 Fresh Rewards points.