

Side Dishes

	SM.	LG.
Broccoli Casserole	\$5.29	\$10.39
Garlic Green Beans w/ Zucchini GF	\$5.29	\$10.39
Glazed Carrots GF	\$4.75	\$8.99
Maple Butternut Squash GF	\$4.25	\$9.99
Mashed Potatoes GF	\$4.89	\$9.29
Oven Roasted Potatoes GF	\$4.75	\$8.99
Pecan Rice with Mushrooms	\$5.49	\$10.49
Saucy Brussel Sprouts	\$5.29	\$10.39
Scalloped Potatoes	\$5.29	\$10.39

Quiche

SM. 5" \$4.50 LG. 10" \$15.99

Lorraine (Ham & Tomato)
Spinach & Mushroom
Broccoli & Ham
Garden Vegetable
Broccoli & Mushroom

Meat Pies

SM. 5" \$4.50 LG. 10" \$16.99

Turkey Pie
Steak & Mushroom Pie
Cheeseburger Pies

Everything we do is made from scratch!!!

Homemade Soup

Large 48oz. \$10.49
Senior Size 16oz. \$3.79

Chili & Meat Sauce

Large Chili 48oz. \$16.99
Senior size Chili 16oz. \$5.75
Large Meat sauce 48oz. \$16.99
Senior size Meat Sauce 16oz. \$5.75

Gravy from Scratch

Beef or Turkey 4oz. \$1.10
Beef or Turkey 8oz. \$2.75
Beef or Turkey 16oz. \$5.99
Beef or Turkey 48oz. \$17.49

Prices are subject to change without notice.

Comfort food...

Made from scratch!!!

OUT'N BACK

Catering

**Veteran Provider
& Registered
With the DVA**

FREEZER MENU

**T.V. Dinner, Individual,
Family Size & Up**

City Wide Delivery

746 Wharncliffe Road South
London, Ontario N6J 2N4

Call Us...

(519) 668-3360

outnback@hotmail.com

www.outnbackcatering.ca



Chicken Dishes

SM. \$7.99 LG. \$14.49

- ◆ Chicken Stir Fry over Rice
- ◆ Chicken Divan over Rice
- ◆ Chicken Wings
- ◆ Chicken & Broccoli Casserole
- ◆ Chicken A La King over Noodles
- ◆ Chicken Parmesan over Spaghetti
- ◆ Mediterranean Chicken over Rice GF
- ◆ Grilled Chicken with Broccoli
In a Garlic Cream Sauce over Tortellini
- ◆ Chicken Almandine with Peaches over Rice
- ◆ Chicken, Spinach & Roasted Red Peppers
In a Blush Sauce over Pasta **(or)** GF Pasta
- ◆ Chicken in an Herbed Mushroom Sauce / Rice GF
- ◆ Chicken, Broccoli & Mushroom Alfredo
Over Penne

Specialty Dishes

SM \$8.99 LG \$15.49

- ◆ Chicken 'n' Bowtie Pasta **(or)** GF Pasta
With Sun Dried Tomatoes
- ◆ Bruschetta Stuffed Chicken
Over Spaghetti
- ◆ Tiger Shrimp in a Garlic Cream Sauce
Over Bow Tie Noodles
- ◆ Shrimp Primavera over Pasta

Meat Dishes

SM. \$7.99 LG. \$14.49

- ◆ Beef Stroganoff
- ◆ Shepherd's Pie
- ◆ Beef Stir Fry / Rice
- ◆ Spaghetti & Meatballs
- ◆ Sweet 'n' Sour Meatballs
- ◆ Veal Parmesan over Noodles
- ◆ Beef Tortellini with Meat Sauce
- ◆ Penne with Meat Sauce & Cheese
- ◆ Swiss Steak
- ◆ Cabbage Rolls
- ◆ Beef Stew

Pasta & Meatless Dishes

SM. \$7.49 LG. \$13.99

- ◆ Macaroni & Cheese
- ◆ Penne Provençale
- ◆ Cannelloni /White & Red Sauce
- ◆ Vegetarian Stir Fry over Rice
- ◆ Three Cheese Tortellini Bake
- ◆ Eggplant Parmesan GF
- ◆ Tuna Casserole

TV Dinners

Starting at \$8.49 to \$10.49

w/Mashed potatoes, & Vegetables

- ◆ Chicken Parmesan
- ◆ Chicken Teriyaki
- ◆ Chicken Cordon Blue
- ◆ ¼ Roasted Chicken Leg in BBQ sauce
- ◆ ¼ Chicken Leg w/Herbs, Olive Oil & Hickory
- ◆ Broccoli & Cheese Stuffed Chicken Breast
- ◆ Breaded Chicken Schnitzel w/Mushroom Gravy GF
- ◆ Breaded Chicken Drumsticks (TWO)
- ◆ Chicken Breast in a Honey Garlic Sauce GF
- ◆ Chicken in an Herbed Mushroom Sauce GF
- ◆ Chicken Drumsticks (TWO) w/ Honey Garlic Sauce GF
- ◆ Mediterranean Chicken GF
- ◆ Tender Homestyle Chicken Strips **(New)**
- ◆ Chicken Breast in an Apple Thyme Sauce GF
- ◆ Turkey with Gravy **(White or Dark Meat)**
 - ◆
 - ◆
 - ◆
 - ◆
- ◆ Veal Parmesan
- ◆ Liver & Onions
- ◆ Salisbury Steak, w/ Mushrooms & Onions
- ◆ Sweet 'n' Sour Meatballs Brown Sugar & Pineapple Sauce
 - ◆
 - ◆
 - ◆
 - ◆
- ◆ Caribbean Ham in a Pineapple & Raisin Sauce GF
- ◆ Pork Tenderloin in a Dijon Mustard Sauce
- ◆ Pork Loin in Apple Thyme Sauce GF
- ◆ Pea-meal Bacon GF
 - ◆
 - ◆
 - ◆
 - ◆
- ◆ Garlic & Herb Tilapia GF
- ◆ Pan Fried Filet of Sole w/ Dill Sauce
- ◆ Coconut Encrusted Tilapia
- ◆ Basa Filet

Lasagna made from Fresh Pasta
Meat or Vegetarian SM \$8.49 LG \$14.99

Vegan Entrees all GF

- ◆ Black Bean Chili
- ◆ Baked Beans
- ◆ Seasoned Rice
- ◆ Eggplant Steak
glazed in sea salt, garlic & parsley w/rice & vegetables
- ◆ Sweet Potato & Black Bean Veggie Burgers
- ◆ Red Kidney Bean Curry w/brown basmati rice
- ◆ Chickpea & Green Peas in a Marinara Sauce over Pasta
- ◆ Quinoa bites over Pasta
- ◆ Vegan Stuffed Cabbage Rolls
- ◆ Vegetable Pasta Fusilli