

Side Dishes

	SM.	LG.
Broccoli Casserole	\$6.25	\$11.25
Garlic Green Beans w/ Zucchini GF	\$6.25	\$12.25
Glazed Carrots GF	\$5.25	\$10.25
Maple Butternut Squash GF	\$5.25	\$10.25
Mashed Potatoes GF	\$5.25	\$10.25
Oven Roasted Potatoes GF	\$4.99	\$9.49
Pecan Rice with Mushrooms	\$6.25	\$12.25
Saucy Brussel Sprouts	\$6.25	\$12.25
Scalloped Potatoes	\$6.25	\$12.25
Oven Roasted Mediterranean Veg GF	\$9.99	\$18.99

Quiche

SM. 5" \$6.49 LG. 10" 21.99

Lorraine (Ham & Tomato)	Broccoli & Ham
Bacon & Goat Cheese	Garden Vegetable
Spinach & Mushroom	Greek
Broccoli & Mushroom	Cranberry & Brie

Meat Pies

	SM.	LG.
Turkey Pie	\$7.25	\$23.99
Steak & Mushroom Pie	\$7.25	\$23.99
Cheeseburger Pies	\$6.99	\$22.99

Everything we do is made from scratch!!!

Homemade Soup

Large 48oz.	\$13.99
Senior Size 16oz	\$4.99

Meat Chili & Meat Sauce

Large Chili 48oz.....	\$21.00
Senior size Chili 16oz.....	\$7.75
Large Meat sauce 48oz.	\$19.99
Senior size Meat Sauce 16oz.	\$6.49

Gravy from Scratch

Beef or Turkey 4oz	\$1.99
Beef or Turkey 8oz	\$3.49
Beef or Turkey 16oz	\$6.50
Beef or Turkey 48oz	\$19.99

*Prices are subject to change without
notice. May 2023*

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

**Every Tuesday for \$7.00 flat fee
(freezer menu only)**

746 Wharncliffe Road South
London, Ontario N6J 2N4

Call Us At

(519) 668-3360

**Mon.-Tues. 10% seniors discount
(pick-up only)**

outnback@hotmail.com

www.outnbackcatering.ca



Chicken Dishes

SM. \$9.99 LG. \$19.99

- Chicken Stir Fry over Rice
- Chicken Divan over Rice
- Chicken & Broccoli Casserole
- Chicken A La King over Noodles
- Turkey 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. \$10.75 LG. \$20.99

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

Meat Dishes

SM. \$9.99 LG. \$19.99

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

Pasta & Meatless Dishes

SM. \$8.99 LG. \$17.99

- Macaroni & Cheese
- Penne Provençale
- Cannelloni /White & Red Sauce
- Vegetarian Stir Fry over Rice
- Three Cheese Tortellini Bake
- Eggplant Parmesan **GF**
- Spinach & Cheese Ravioli
- Vegetarian Bow Tie Pasta w/ Sundried Tomatoes

TV Dinners

Starting at \$10.99 to \$12.99

w/Mashed potatoes, & Vegetables

- Chicken Parmesan 11.99
- Chicken Teriyaki 11.99
- Chicken Cordon Blue 11.99
- ¼ Chicken Leg Breaded 11.99
- ¼ Roasted Chicken Leg in BBQ sauce 11.99
- ¼ Chicken Leg w/Herbs, Olive Oil & Hickory 11.99
- Broccoli & Cheese Stuffed Chicken Breast 11.49
- Breaded Chicken Drumsticks (TWO) 10.99
- Chicken Breast in a Honey Garlic Sauce **GF** 11.99
- Chicken in an Herbed Mushroom Sauce **GF** 11.99
- Chicken Drumsticks (TWO) w/Honey Garlic Sauce **GF** 11.99
- Chicken Drumsticks (TWO) w/ Teriyaki Sauce 11.99
- Mediterranean Chicken **GF** 11.99
- Tender Homestyle Chicken Strips 10.49
- Chicken Breast in an Apple Thyme Sauce **GF** 11.49
 - Turkey with Gravy **(White)** 11.99
 - Turkey with Gravy **(Dark Meat)** 12.49
- **GF** Chicken Fingers 10.99
- Veal Parmesan 11.99
- Liver & Onions 11.99
- Salisbury Steak, w/ *Mushroom, Onions & Gravy* 11.99
- Sweet 'n' Sour Meatballs Brown Sugar & Pineapple Sauce 11.99
- Caribbean Ham in a Pineapple & Raisin Sauce **GF** 11.99
- Pork Tenderloin in a Dijon Mustard Sauce 11.99
- Pork Loin in Apple Thyme Sauce **GF** 11.99
- Pea-meal Bacon **GF** 10.99
- Garlic & Herb Tilapia **GF** 12.99
- Oven Baked Filet of Sole w/ Dill Sauce 11.99
- Coconut Encrusted Tilapia 12.99

**Lasagna made from Fresh Pasta Meat
or Vegetarian Sm. 11.99 Lg. 22.99**

Vegan Entrees all GF

SM. 10.99 LG. \$18.99

- Black Bean Chili
- Quinoa bites over Pasta
- Chickpea & Green Peas in a Marinara Sauce over Pasta
- Oven Roasted Mediterranean Vegetable
SM \$9.99 LG \$18.99 when in season
- Baked Beans