

ELLEN'S HEALTH FOOD LTD.

Halal Meals

ITEM NO.	ENTRÉE (3.5 oz/100 gram meat by weight)	STARCH 250 ml/8 oz by volume	VEGETABLES 125 ml/4 oz by volume
HB1	Beef Meatballs/ Sweet and Sour Sauce	Rice	Carrots
HB2	Italian Beef Meat Sauce	Garlic Buttered Pasta	Garden Mixed
HB3	Beef Steakette Patty/ Brown Gravy	Panfries	Green Peas
HB4	Beef Pot Pie/ Brown Gravy	Boiled Potatoes	Garden Mixed
HB5	Beef Stew	Parslied Boiled Potatoes	Green Peas
HB6	Beef Chop Suey	Rice	Broccoli
HB7	Roast Beef/ Brown Gravy	Baked Potato	Mixed Vegetables
HB9	Beef and Bean Chili	Rice	Mexicali Corn
HB10	Penne and Tomato Ground Beef Casserole	Roast Potatoes	Peas & Carrots
HB11	Beef Meatball	Mashed Potato	Mixed Vegetables
HC1	Breaded Chicken Cutlet/ Tomato Sauce	Buttered Noodles	Scandinavian Mixed Vegetables
HC2	Baked Boneless Chicken/ BBQ sauce	Roast Potatoes	Broccoli
HC3	Baked Boneless Chicken/ Teriyaki Sauce	Rice Pilaf	Stir Fry Vegetables
HC4	Chicken Cacciatore with sauce	Pasta	Peas & Carrots
HC5	Ground Chicken Enchilladas	Spanish Rice	Mexicali Corn
HC6	Breaded Chicken Nuggets	Panfries	Garden Mixed
HC7	Chicken Makhni	Rice	Garden Mixed
HC8	Curried Chicken	Rice Pilaf	Green Beans
HR	Poultry Fried Rice	Vegetable Egg Rolls	Stir Fry Vegetables
HS	Poultry Sausages/ BBQ sauce	Mashed Potatoes	Mixed Beans