



## ENTRÉES

### Grilled Pork Chop

Marinated pork chops baked and served with peach chutney. **\$2.49/100 g**

### Herb & Butter Chicken

Skin-on chicken breast marinated in herb & butter sauce and oven baked. *Note: Contains mustard* **\$2.99/100 g**

### Herb Stuffed Sole Fillet

A sole fillet filled with a lemon herb mixture, then rolled in a buttery bread topping and baked. *Note: Contains mustard* **\$3.99/100 g**

### Hot Chili Chicken

Skin-on chicken breast marinated with hot chili sauce and served with roasted corn salsa. **\$2.99/100 g**

### Quinoa Stuffed Peppers

Peppers stuffed with prepared quinoa made with tomato sauce, arugula, parmesan, cheddar and mozzarella cheese. **\$2.49/100 g**

## SIDES

### Brie and Leek Polenta

Grilled soft cornmeal with caramelized leeks and creamy Brie cheese. *Note: Contains soy* **\$1.49/100 g**

### Lemon Tarragon Asparagus

Blanched asparagus tossed in a lemon tarragon vinaigrette. *Note: Contains mustard* **\$2.49/100 g**

### Pasta Primavera

Al dente linguine with roasted zucchini, peppers, tomatoes and fresh herbs. **\$1.49/100 g**

### Roasted Leeks

Lightly seasoned leeks roasted until tender. **\$1.49/100 g**

## SALADS

### Asian Carrot Salad

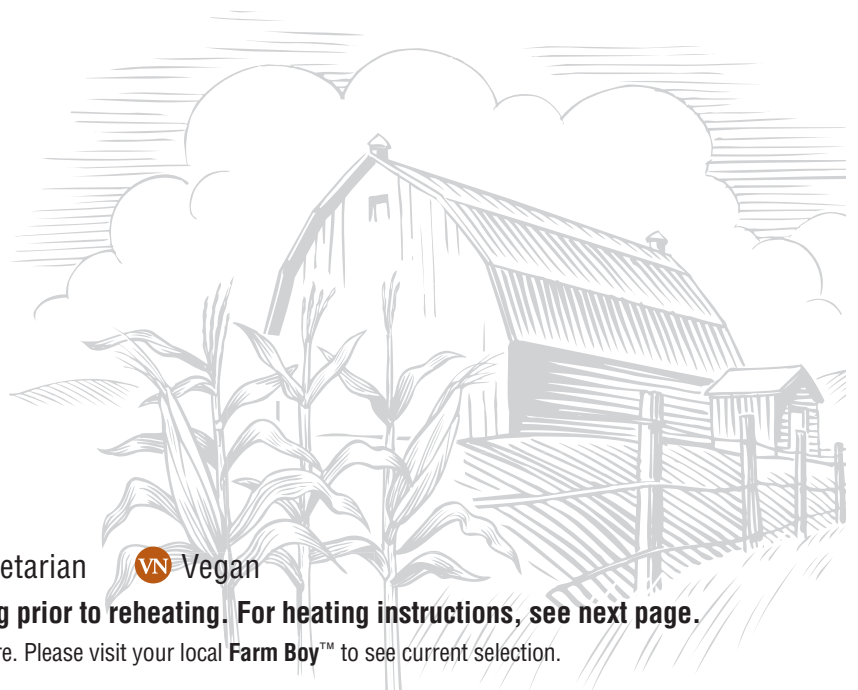
A salad made with carrots, pickled ginger, black sesame seeds and cilantro in a light Asian dressing. *Note: Contains sesame and soy* **\$1.49/100 g**

### Edamame Salad

Protein rich baby soy beans with corn kernels and red peppers in a simple lemon mustard vinaigrette. *Note: Contains soy and mustard* **\$1.49/100 g**

### Light Potato Salad

Red grelot potatoes sliced and mixed with tarragon, green onions and chives in a lemon mustard vinaigrette. *Note: Contains mustard* **\$1.49/100 g**



 Vegetarian

 Vegan

**\*Caution – please remove food from packaging prior to reheating. For heating instructions, see next page.**

Menu items may vary from store to store. Please visit your local Farm Boy™ to see current selection.



Enjoy your Chef Prepared dish hot or cold. To reheat in the microwave or oven, follow these simple instructions.



Microwave



Oven

ENTRÉES			SIDES		
Grilled Pork Chop			Brie and Leek Polenta		
	1-2 min	10-12 min		1-2 min	10-12 min
Herb & Butter Chicken	1-2 min	15-18 min	Lemon Tarragon Asparagus	1-2 min	
Herb Stuffed Sole Fillet	1-2 min	8-10 min	Pasta Primavera	1-2 min	
Hot Chili Chicken	1-2 min	15-18 min	Roasted Leeks	1-2 min	10-12 min
Quinoa Stuffed Peppers	1-2 min	8-10 min			

HEATING TIPS

- Please remove food from packaging prior to reheating.
- Portion size will affect reheating time.
- Since microwaves and ovens vary, cooking times and oven temperatures may need adjustment.
- Microwave: Items should be covered and reheated at 50% power.
- Oven: Items should be covered if browning too quickly.