

# Herbert Spencer Elementary

## Chicken, Beef, Seafood & MORE

### Fundraiser



**ORDER DEADLINE – Thursday Oct. 15<sup>th</sup>, 2020**  
**DELIVERY DATE – Tuesday Oct. 27<sup>th</sup> at 2:30 p.m.**  
**@ the school**



**Sellers are responsible for their customers' orders**

Pass this on to family and friends!!

FROZEN PRODUCT CASE SIZE COST

#### CHICKEN

Canada Grade A, from our Fraser Valley Farmers. Individually frozen, free run & hormone free.

- |  |                 |                 |
|--|-----------------|-----------------|
| 1. <b>Chicken Breasts, boneless skinless</b> – Tender & juicy every time. Individually frozen, free run, and hormone free. Perfect for all of your chicken recipes. Our top seller! Seasoned.      | <b>4 kg.</b>    | <b>\$ 42.00</b> |
| 2. <b>Heritage Breasts, boneless skinless</b> – Specialty grain fed, all vegetable diet, free run, non-medicated (no antibiotics), and hormone free. Individually Quick Frozen. Seasoned.          | <b>4 kg.</b>    | <b>\$ 50.00</b> |
| 3. <b>Souvlaki Satays</b> – Chicken breast marinated in a Greek marinade & woven onto a wooden skewer. Serve with tzatziki dip & Greek salad. Packaged tightly, may need to gently separate.       | <b>2 kg.</b>    | <b>\$ 41.00</b> |
| 4. <b>Thighs, boneless skinless</b> – Fall in love with chicken thighs! They are more succulent and flavorful than chicken breasts. Your options with these are endless... switch things up!       | <b>2 kg.</b>    | <b>\$ 32.00</b> |
| 5. <b>Clucks Chicken Fingers</b> – These tender strips are our favorite! Just bake and serve with your favorite dipping sauce. Seasoned breading, they have a nice peppery bite to them!           | <b>4 kg.</b>    | <b>\$ 50.00</b> |
| 6. <b>GLUTEN FREE Chicken Strips</b> – Yum! These breaded chicken strips are tender on the inside & crispy on the outside. You don't need to be gluten free to enjoy these!                        | <b>2 kg.</b>    | <b>\$ 42.00</b> |
| 7. <b>Turkey Breast Fillets</b> – The tenderloin of the turkey. Try these oven roasted or use your Instant Pot. You're going to love them... low stress, high Flavor! Seasoned, boneless skinless. | <b>2 kg.</b>    | <b>\$ 23.00</b> |
| 8. <b>Cordon Swiss 'Country Style'</b> – Breast meat hand rolled with Swiss cheese and smoked Ham, and finished with a light breading. Makes a delicious but easy entrée. Oven ready.              | <b>32/4 oz.</b> | <b>\$ 56.00</b> |
| 9. <b>Chicken Parmesan 'Country Style'</b> – Breast meat hand rolled around rich tomato sauce and mozzarella & parmesan cheese. Serve with spaghetti & a salad! Lightly breading.                  | <b>18/4 oz.</b> | <b>\$ 38.00</b> |
| 10. <b>Canadiana 'Country Style'</b> – Breast meat hand rolled with broccoli & cheddar cheese. Lightly seasoned and breaded, oven ready. This cheesy broccoli is kid approved!                     | <b>18/4 oz.</b> | <b>\$ 38.00</b> |
| 11. <b>Crème Brie, Apple and Cranberry Cordon</b> – Chicken breast meat stuffed with crème brie, apples & cranberries. Light breading. Impress your guests with this sweet & savory combo!         | <b>12/6 oz.</b> | <b>\$ 46.00</b> |
| 12. <b>Festive Turkey Cordon with Sage &amp; Cranberry Stuffing</b> - Turkey dark meat hand rolled around savory stuffing. Light crisp breading. Thanksgiving dinner doesn't get easier!           | <b>12/6 oz.</b> | <b>\$ 38.00</b> |
| 13. <b>Sea Salt &amp; Cracked Pepper Wings</b> – A crowd pleaser, just bake until crisp. Our favorite!   | <b>2 kg.</b>    | <b>\$ 34.00</b> |
| 14. <b>Honey Garlic Wings</b> – Fully cooked, lots of marinade. Packed with flavor! Simply delish!   | <b>2 kg.</b>    | <b>\$ 34.00</b> |
| 15. <b>Chicken Nuggets</b> – Juicy 100% white meat breaded and ready for dipping! Not just for the kids! Add a platter to your appy buffet with assorted dips and watch them disappear!            | <b>2.72 kg.</b> | <b>\$ 36.00</b> |
| 16. <b>Chicken and Turkey Breakfast Sausage</b> – A very lean and flavorful breakfast sausage. Packaged tightly, frozen in layers; liners between allow to be pulled apart. May appear frosty.     | <b>2.27 kg.</b> | <b>\$ 22.00</b> |
| 17. <b>Ground Turkey, Lean</b> – Make a heart healthy choice! Great for burgers, spaghetti, tacos, turkey chili and more. Your options are endless! Comes packaged in 1 pound chubs.               | <b>8/1 lb.</b>  | <b>\$ 29.00</b> |

Please circle items ordered on this sheet and keep for your records.

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**AAA BEEF, PORK, SEAFOOD, & APPETIZERS**  
Handpicked for quality & price

<b>18. N.Y. Striploin Steaks</b> – There’s nothing better than a delicious, juicy, mouth-watering steak! Sprinkle with Montreal Steak Spice & sear on a hot grill. Serve with garlic mashed potatoes!	<b>9/8 oz.</b>	<b>\$ 57.00</b>
<b>19. Bacon Wrapped Tenderloin</b> –Perfectly aged and wrapped in smoky bacon. So good!	<b>8/6 oz.</b>	<b>\$ 48.00</b>
<b>20. Top Sirloin Steaks</b> - Juicy center cut. Do you love a steakhouse surf & turf entree? Just add some grilled shrimp skewers and a baked potato! 3 packages of 3 steaks frozen together.	<b>9/6 oz.</b>	<b>\$ 32.00</b>
<b>21. Shrimp Skewers</b> – These succulent skewers can be broiled, baked, grilled, or pan fried! Each skewer contains six raw peeled & deveined shrimp. Great compliment to a steak or salad.	<b>20 skewrs</b>	<b>\$ 30.00</b>
<b>22. Sirloin Beef Burgers</b> - These gourmet burgers are always juicy!! Definitely a fan favorite! We prefer ours topped with bacon, cheese, and sautéed mushrooms. How do you like yours?	<b>24/5 oz.</b>	<b>\$ 37.00</b>
<b>23. Bavarian Bratwurst</b> - This Award Winning German raw pork sausage is so delicious! Best on the BBQ! Grill and serve in a bun with grilled onions or as an entrée with corn on the cob.	<b>20/115 gr.</b>	<b>\$ 30.00</b>
<b>24. Shaved Prime Rib</b> – Just thaw & simmer in beef jus (not included) and serve on a crusty roll for a deliciously tender beef dip! Stir fry with peppers for a Philly Cheesesteak. Yum!	<b>12/5 oz.</b>	<b>\$ 43.00</b>
<b>25. Lean Ground Beef</b> – Top quality, and packaged in one pound chubs. Easy to use!	<b>10/1 lbs.</b>	<b>\$ 48.00</b>
<b>26. Italian Beef Meatballs</b> – Fully cooked 1/2 oz. beef meatballs lightly seasoned with parsley, onion, garlic powder, and parmesan cheese. Ready to add to your favorite pasta & sauce.	<b>2.27 kg.</b>	<b>\$ 32.00</b>
<b>27. Veal Cutlets-</b> Fork tender veal, coated in savory breadcrumbs. Oven ready for an easy dinner. Pile on the mushroom gravy and serve with an assortment of roasted veggies. Comfort food!	<b>16/4 oz.</b>	<b>\$ 34.00</b>
<b>28. Pork Chops</b> –Fancy them up, or just ‘Shake ‘n Bake’! Put some BC pork on your fork!	<b>16/5oz.</b>	<b>\$ 34.00</b>
<b>29. Wild Spring Salmon Fillets</b> –Caught in the pristine waters of Alaska, this King Chinook Salmon is full of healthy Omega 3’s and has a clean rich flavour. Sure to be a winner for dinner!	<b>8/6 oz.</b>	<b>\$ 46.00</b>
<b>30. Lobster Cakes</b> – Taste the delicate sweet flavor of North American Cold Water Lobster in these gourmet homestyle seafood cakes. A tasty appetizer or serve with a salad for a light lunch.	<b>13/3 oz.</b>	<b>\$ 32.00</b>
<b>31. Gourmet Halibut Burger</b> –Wild Alaskan Halibut full muscle fillets, lightly seasoned and Panko breaded for a crisp finish. Gourmet! These are at the top of the seafood burger line!	<b>8/4.5 oz.</b>	<b>\$ 35.00</b>
<b>32. Baby Back Ribs</b> – Try our recipe included for ‘fall off the bone’ tender barbecue pork ribs. Bake low & slow for 4 hours, add sauce and finish on the grill or under the broiler. (6-7 racks)	<b>3.2 kg.</b>	<b>\$ 40.00</b>
<b>33. Bacon, fully cooked</b> – 100 Individual slices of ready to eat bacon. Never fry bacon again!	<b>100 pcs.</b>	<b>\$ 31.00</b>
<b>34. Maple Pork Breakfast Sausage</b> – A juicy breakfast sausage with a hint of maple. Perfect for breakfast, lunch or dinner! The kids love these! Natural pork casing. 55 sausages	<b>2.27 kg.</b>	<b>\$ 31.00</b>
<b>35. Mini Potato and Cheddar Perogies</b> –These make a great addition to your appetizer menu. Serve with sautéed onions, bacon & sour cream. Or enjoy with oven roasted Bavarian Bratwurst!	<b>2/1.8 kg.</b>	<b>\$ 24.00</b>
<b>36. Pickle Spears</b> – Brined pickles cut into wedges and lightly coated in a tangy dill breading. Awake your senses with this fun bold flavor & crunchy texture, perfect for dipping!	<b>5 lb.</b>	<b>\$ 23.00</b>
<b>37. Mini Vegetable Spring Rolls</b> –Just bake in the oven until light and crispy, and serve with plum sauce. An excellent addition to your appetizer menu! The best Spring Rolls around!!	<b>40 pcs.</b>	<b>\$ 25.00</b>
<b>38. Jumbo Vegetable Samosas</b> – Golden brown pastry filled with a vegan Punjabi style stuffing. Enjoy peas, potatoes and spices in every bite! Bake in the oven or deep fry!	<b>24 pcs</b>	<b>\$ 25.00</b>

**QUICK, DELICIOUS & ALL LOCALLY MADE**  
Because We Love to Support Local!!

<b>39. Traditional Shepherd’s Pie</b> – Homemade goodness!! Made with beef, veggies and gravy topped with buttery mashed potatoes & cheddar cheese. Comfort food for those rainy days.	<b>4/850 gr.</b>	<b>\$ 44.00</b>
<b>40. Helmi’s Premium Homemade Perogies</b> – 2 bags of potato, cheddar cheese & onion, and 2 bags potato, bacon and onion. Serve with sautéed onions, bacon & sour cream. (24 per 1 kg)	<b>4/1 kg.</b>	<b>\$ 33.00</b>
<b>41. Chicken Pot Pies</b> - Chicken, potatoes, veggies and gravy in a gourmet crust. So good!	<b>12/4 inch</b>	<b>\$ 33.00</b>
<b>42. Breakfast Burrito</b> – A flour tortilla filled with scrambled eggs, bacon, veggies, cheese, and ham. Microwave or bake for breakfast on the go! Early morning Hockey practice just got easier!	<b>16/135 gr.</b>	<b>\$ 35.00</b>
<b>43. Pizza Variety Pack</b> - Individual 6 inch pizzas. 6 pepperoni, 6 ham and pineapple, 6 cheese. Hand stretched dough and 100% real cheeses. A fun after school snack!	<b>18/6 inch</b>	<b>\$ 36.00</b>
<b>44. Pepperoni &amp; Sausage Calzones</b> - Pizza crust filled with tomato sauce, Italian Sausage, pepperoni, four cheeses, and pizza sauce folded over to make an 8 inch pocket.	<b>12/8 inch</b>	<b>\$ 36.00</b>
<b>45. Meat Lasagna with 4 Cheeses</b> – Fresh pasta layered with meat sauce, mozzarella, cottage, romano, and parmesan cheeses! Kid friendly and filling too! Individual serving size.	<b>8/330 gr.</b>	<b>\$ 29.00</b>
<b>46. Savoury Salmon Hand Pie</b> – Puff pastry generously stuffed with wild salmon and creamy spinach & artichoke filling. This handmade pastry makes a gourmet meal, serve with a salad!	<b>18/100 gr.</b>	<b>\$ 33.00</b>

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Herbert Spencer Elementary Order Forms - Name \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_



Please order & pay on <b>MunchaLunch</b>															
Products	Size	Price												TOTALS	
1	Chicken Breasts, boneless skinless	4 kg.	\$42.00												1
2	Heritage Breasts, boneless skinless	4 kg.	\$50.00												2
3	Souvlaki Satays	2 kg.	\$41.00												3
4	Thighs, boneless skinless	2 kg.	\$32.00												4
5	Clucks Chicken Fingers	4 kg.	\$50.00												5
6	Gluten Free Chicken Strips	2 kg.	\$42.00												6
7	Turkey Breast Fillets	2 kg.	\$23.00												7
8	Cordon Swiss, country style	32/4 oz.	\$56.00												8
9	Chicken Parmesan, country style	18/4 oz.	\$38.00												9
10	Canadiana, country style	18/4 oz.	\$38.00												10
11	Crème Brie, Apple & Cranberry Cordon	12/6 oz.	\$46.00												11
12	Festive Turkey Cordon	12/6 oz.	\$38.00												12
13	Sea Salt & Cracked Pepper Wings	2 kg.	\$34.00												13
14	Honey Garlic Wings	2 kg.	\$34.00												14
15	Chicken Nuggets	2.72 kg.	\$36.00												15
16	Chicken Turkey Breakfast Sausage	2.27 kg.	\$22.00												16
17	Ground Turkey, Lean	8/1 lb.	\$29.00												17
18	NY Striploin Steaks	9/8 oz.	\$57.00												18
19	Bacon Wrapped Tenderloin	8/6 oz.	\$48.00												19
20	Top Sirloin Steaks	9/6 oz.	\$32.00												20
21	Shrimp Skewers	20 skewers	\$30.00												21
22	Sirloin Beef Burgers	24/5 oz.	\$37.00												22
23	Bavarian Bratwurst	20/115 gr.	\$30.00												23
24	Shaved Prime Rib	12/5 oz.	\$43.00												24
25	Lean Ground Beef	10/1 lb.	\$48.00												25
26	Italian Beef Meatballs	2.27 kg.	\$32.00												26
27	Veal Cutlets	16/4 oz.	\$34.00												27
28	Pork Chops	16/5 oz.	\$34.00												28
29	Wild Spring Salmon Fillets	8/6 oz.	\$46.00												29
30	Lobster Cakes	13/3oz	\$32.00												30
31	Gourmet Halibut Burgers	8/4.5 oz.	\$35.00												31
32	Baby Back Ribs	3.2 kg.	\$40.00												32
33	Bacon, Fully Cooked	100 pcs.	\$31.00												33
34	Maple Pork Breakfast Sausage	2.27 kg.	\$31.00												34
35	Mini Potato Cheddar Perogies	2/1.8 kg.	\$24.00												35
36	Pickle Spears	5 lbs.	\$23.00												36
37	Mini Vegetable Spring Rolls	40 pcs.	\$25.00												37
38	Jumbo Vegetable Samosas	24 pcs.	\$25.00												38
39	Traditional Shepherd's Pie	4/850 gr.	\$44.00												39
40	Helmi's Premium Perogies	4/1 kg.	\$33.00												40
41	Chicken Pot Pies	12/4 inch	\$33.00												41
42	Breakfast Burrito	16/135 gr.	\$35.00												42
43	Pizza Variety Pack	18/6 inch	\$36.00												43
44	Pepperoni & Sausage Calzones	12/8 inch	\$36.00												44
45	Meat Lasagna with 4 Cheeses	8/330 gr.	\$29.00												45
46	Savoury Salmon Hand Pie	18/100 gr.	\$33.00												46
Total Cases															
Total Money															