



Culinary Artistry for All Occasions

Prepared Meals 2009

Chef Michael R. Wilson

Mail: 146 Enfield Crescent
Winnipeg MB R2H 1A9

Telephone: 204.793.5368

Email: bonnecuisine@mts.net

Website: www.bonnecuisinebymichael.ca

For all your corporate, private and in-home food experiences.

Prepared Meals Sampler Listing

<i>Meals:</i>	Average cost is \$7.95 per portion, minimum 2 portions per item. Actual Cost will be confirmed upon request.
<i>Soups:</i>	\$10.95 per 1 litre
<i>Availability:</i>	within 5 days of order confirmation, unless advised otherwise.
<i>Delivery:</i>	Pick-up or drop-off, free of charge
<i>Place an order:</i>	Please call us at (204) 793-5368 or send us an email at bonne cuisine@mts.net for more details.

Beef & Lamb Meals

Beef & Bean Chili
 Beef Bourguignon
 BBQ Beef Brisket
 Beef Stroganoff
 Traditional Beef Lasagna
 Curry Lamb Stew
 Lamb Stew (Scotch Broth)
 Meatloaf with caramelized onions, mushroom and potatoes
 Spicy BBQ Braised Beef Ribs
 Sheppard's Pie
 Spaghetti Sauce Bolognese
 Swedish Meatballs

Chicken Meals

Asian Style Szechwan Chicken
 Breast of Chicken finished in a red wine & sour cherry sauce
 Breast of Chicken stuffed with herbs and wild rice
 Breast of Chicken stuffed with olives, sundried tomatoes, apricots and basil
 BBQ Glazed Chicken Pieces
 Chicken Pieces finished in a wild mushroom brandy sauce
 Coq-au-vin (*chicken slow braised in a rich red wine & pork rind demi glaze*)
 Dijon & Rosemary Crusted Fracases
 Herb & Lemon Chicken Fracases
 Mediterranean Chicken Breast
 Roasted Chicken with saffron and cinnamon
 Chicken Pot Pie
 Chicken Stir Fry
 Chicken Vegetable Ragout

Prepared Meals Sampler Listing (cont'd)

Pork Meals

Apricot Brandy Pork Pieces
Curry Banana Pork Stew
Spicy BBQ Pork Medallions
Sweet & Sour Pork Pieces

Seafood Options

Bouillabaisse
Local Fresh Pickerel served in a white wine and berry sauce
Salmon, Prawn & Scallop Primavera
Seafood Medley with Roasted Vegetables
Seafood Cannelloni finished in a light amber tomato sauce
Sesame Seafood Stir Fry
White Wine Saffron Poached Salmon

Vegetarian Options

Bombay Coconut Curried Vegetable Ragout
Roasted Vegetable Lasagna
Grilled Eggplant & Zucchini with plum tomatoes & fresh basil
Roasted Vegetables with plum tomatoes & fresh basil wrapped in phyllo pastry

Soups

Beef & Barley
Butternut Squash
Roasted Carrot & Ginger Soup
Consommé with Julienne Vegetables
Roasted Corn Chowder
French Onion
Potato & Spinach Soup
Roasted Red Pepper Soup
Russian Borsch
Smoked Onion & Garlic Soup
Sweet Potato Peanut
Roasted Tomato Bisque
Vegetable Minestrone
(Chicken) Wild Rice & Mushroom
Yellow Pea & Cilantro Soup