

## 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" 22.99

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

## Meat Pies

	SM.	LG.
Turkey Pie	\$7.99	\$25.99
Steak & Mushroom Pie	\$7.99	\$25.99
Cheeseburger Pies	\$7.99	\$25.99

*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

Beef or Turkey 4oz .....	\$2.99
Beef or Turkey 8oz .....	\$4.99
Beef or Turkey 16oz .....	\$7.99
Beef or Turkey 48oz .....	\$19.99

*Prices are subject to change without notice.*

*January 2024*

*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)

4330 Colonel Talbot Road  
London, Ontario N6P 1B2

**Call Us At**

**(519) 668-3360**

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

[outnbackinc@gmail.com](mailto:outnbackinc@gmail.com)

[www.outnbackcatering.ca](http://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 Bowtie Pasta*
- Shrimp Primavera over Penne

## 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
- Beef Stew
- Cabbage Rolls
- Tuna Casserole

## Pasta & Meatless Dishes

**SM. \$8.99 LG. \$17.99**

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

## TV Dinners

**Starting at \$10.99 to \$12.99**

**w/Mashed potatoes, & Vegetables**

- Chicken Parmesan 11.99
- Honey Dijon Chicken **GF** 12.49
- Chicken Teriyaki 12.49
- Chicken Cacciatore **GF** 11.99
- Chicken Cordon Blue 11.99
- Breaded Dark Meat Chicken 1/4 with gravy 11.99
- BBQ Roasted Dark Meat Chicken 1/4 **GF** 11.99
- Roasted Dark Chicken 1/4 with Hickory Herbed  
Olive Oil **GF** 11.99
- Broccoli & Cheese Stuffed Chicken Breast 11.49
- Breaded Chicken Drumsticks (TWO) 10.99
- Chicken Breast in a Honey Garlic Sauce **GF** 12.49
- Chicken in an Herbed Mushroom Sauce **GF** 12.49
- Chicken Drumsticks (TWO)  
w/Honey Garlic Sauce **GF** 11.99
- Chicken Drumsticks (TWO) w/ Teriyaki Sauce 11.99
- Mediterranean Chicken **GF** 12.49
- Tender Home-style Chicken Strips 10.49
- Chicken Breast in an Apple Thyme Sauce **GF** 12.49
- Home-style Chicken tenders 10.99
- Turkey with Gravy **(White Meat)** 12.99
- Turkey with Gravy **(Dark Meat)** 12.49
- Turkey with gravy **(White and Dark)** 12.49
- Meat loaf with Gravy 12.49
- Roast Beef w/Gravy 12.99
- Salisbury Steak 11.99  
with Mushrooms, Onions & Gravy 12.49
- Sweet 'n' Sour Meatballs 11.99
- Veal Parmesan 11.99
- Liver & Onions 11.99
- Pork Tenderloin in a Dijon Sauce **GF** 12.49
- Pork Loin in Apple Thyme Sauce **GF** 11.99
- Caribbean Ham  
in a Pineapple & Raisin Sauce **GF** 12.49
- 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
- Chickpea & Green Peas in a Marinara Sauce  
over Pasta
- Oven Roasted Mediterranean Vegetable
- Baked Beans