



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

www.perleyrideau.ca 1750 Russell Road, Ottawa, Ontario K1G 5Z6 Tel.: (613) 526-7171 Fax: (613) 526-7172

Perley Rideau Café Take Away Menu

Frozen Family Meals

- 16" Pizzas (8 slices) (Cheese, Pepperoni, Vegetarian)
 - \$12.99, 13.99
- Meat Lasagna (6 portions)
 - \$14.99
- Mac & Cheese 2 lb
 - \$14.50
- Butter Chicken on Basmati Rice 2 lb
 - \$15.99
- Chili and Rice/ Chili 2 lb
 - \$14.99
- 8pc Fried Chicken with Roasted Potatoes
 - \$17.99
- Tourtiere Pies 9"
 - \$13.99

Fresh Family Sized Meals

(please provide six hours' notice as they are made the same day)

- Beef Fajita Kits (braised beef, bell peppers and onions, 8 soft flour tortillas, salsa)



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- \$16.99
- Chicken Stir Fry Kit (braised chicken, vegetable mix, Thai inspired sauce)
 - \$16.99

Served Hot

(Please provide six hours' notice, as they are made the same day)

- Whole Rotisserie Chicken
 - \$10.99

Frozen Individual Meals

- Pizzas (Cheese, Pepperoni, Vegetarian)
 - \$3.99, \$4.99
- Meat Lasagna
 - \$6.99
- Mac & Cheese
 - 6.99
- Butter Chicken on Basmati Rice
 - \$7.99
- Chili and Rice
 - \$6.99



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- 2 pc Fried Chicken with Roasted Potatoes
 - \$8.99
- Beef Stuffed Peppers (2ea, with rice and vegetables)
 - \$7.99

Fresh Individual Meals

(please provide six hours' notice to ensure they are served fresh)

- Chicken Taco Burrito Bowls
 - \$5.99
- Caesar Salad with Chicken
 - \$5.99
- Caesar Salad
 - \$4.99

Hot Individual Meals

- ½ Rotisserie Chicken with side of Potatoes or Coleslaw
 - \$6.99