

Senior (frozen) Meal Solutions

This section was designed for seniors. Complete "oven-ready" meals all in one container that can be placed into the oven or easily transferred to a microwave-safe dish if you prefer.

Delivery is available - \$50.00 minimum.
Minimum 3 days notice required.

All below meals are \$7 per portion
Taxes not included.

Chicken Cacciatore

Served with potatoes & mixed vegetables.

Broiled White Fish

Served with rice & mixed vegetables.

Pork Tenderloin Cutlets

Served with gravy, potatoes & corn.

Beef Stroganoff

Served with pasta & beans.

BBQ Back Ribs

Served with potatoes & corn

Chicken Parmesan Style

Served with pasta & mixed vegetables.

Meatballs Marinara

Served with pasta & mixed vegetables.

Steak & Mushrooms

Served with potatoes & corn.

Special Dietary Needs Available.
Ask your server for details.



Howard Location Hours

MONDAY = 10am - 7pm
TUESDAY = 10am - 7pm
WEDNESDAY = 10am - 7pm
THURSDAY = 10am - 7pm
FRIDAY = 10am - 7pm
SATURDAY = 11am - 6:30pm
SUNDAY = Closed

(Will open Sundays and after hours for catering)

Nothings & Salsa

Our famous, delicious, addictive, perfectly seasoned chips are served with our house salsa. Also available with cinnamon sugar "Sweet Nothings".

Small Nothings & Salsa \$13
Large Nothings & Salsa \$25

Small Tray Serves 6-10 | Large Tray Serves 15-20

Signature Lasagnas (frozen)

All homemade with our 6 Cheese Blend.

Meat Lasagna (all beef) \$12 - \$40
Vegetarian Lasagna \$12 - \$40
Chicken & Mushroom Lasagna \$12 - \$40

Mini Pan Serves 2-3 | Small Pan Serves 9-12

519.966.0997

Heat & Serve Menu

Eat Well... Without the work!

Dec. 2011



Meal Solutions for Time-Starved Families

3395 Howard Ave.
Just North of Cabana

519.966.0997

Fabulous Fresh Food Fast!

The Best Catering In Town!

Don't take my word for it. Visit our Testimonial page on our Website and see what our customers are saying!

www.justjeffs.com

Heat & Serve Meals (Available all day)

Chicken Marsala	\$8.00
Pan-seared then topped with our red wine mushroom sauce.	
Back Ribs - (Award Winning)	\$8.00
Fall-off-the-bone delicious in our house BBQ sauce.	
Atlantic Salmon	\$10.00
Broiled then finished with maple Dijon glaze.	
Baked White Fish	\$9.00
Broiled then topped with our sautéed leek and lemon dill supreme sauce.	
Pasta with Meatballs	\$6.00
Traditional Bolognese sauce - all beef.	
Pasta Blush with Chicken	\$6.00
Sliced grilled chicken breast with pasta.	
Mushroom Pasta a la Olio	\$8.00
Bell peppers, feta and mushrooms compliment this hearty tomato olive oil sauce.	
Beef Tenderloin Medallions	\$10.00
Grilled to perfection. Finished with our red wine bacon cream sauce & pasta.	
Broiled Basa Fish	\$8.00
Seasoned then finished with tomato leeks.	

Soups, Salads & Sandwiches

Daily Soup Du Jour	\$3.25
Made fresh daily.	
Strawberry Vinaigrette Salad	\$5.75
Made fresh to order just for you.	
Caesar Style or House Dijon Salad	\$5.75
Made fresh to order just for you.	
Warm Sandwich Wrap	\$6.95
Chicken fajita style. Served with our seasoned wonton chips. Vegetarian style wraps available - ask your server.	

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Beef Tips Stroganoff	\$9.00
Tender beef tips served in our red wine mushroom sauce.	
Chicken & Sausage Jambalaya (mild)	\$9.00
Hearty tomato stew with bell peppers, onions, rice and just the right spice.	
Seafood Fettuccini	\$10.00
Garlic shrimp, crab and pollock pan-seared with garlic then finished with our creamy blush sauce.	
Cheese Tortellini	\$9.00
Cooked fresh then tossed with sautéed asparagus, roasted red peppers and spinach.	
Roasted Red Pepper Chicken	\$8.00
Pan-seared then topped with our roasted red pepper sauce.	
Veal Marsala	\$12.00
Pan-seared then topped with our red wine mushroom sauce.	
Herb Grilled Chicken Creole	\$8.00
Fire grilled then served with a hint of Creole sauce.	
Pineapple Salsa Chicken	\$8.00
Grilled then topped with pineapple salsa.	
Pepper Steak	\$11.00
Flame broiled then finished with a bell pepper ragout and cracked peppercorns and couscous.	

Our Heat & Serve items are made on a rotational basis. Availability will be limited.

Side Dishes - (on rotation)

Garlic Smashed Potatoes	\$2.50
Rice Pilaf	\$2.50
Tomato Basil Pasta	\$2.50
Mixed Medley of Vegetables	\$2.50
Green Beans Almondine	\$2.50

Hot Features

Hot features are served hot & ready to eat - no heating required. Available between 12 & 6:30pm. Call ahead to avoid any wait. (519) 966-0997

Chicken Breast Dinner	\$11.00
Served with your choice of sauce – Marsala, Roasted Red Pepper, Parmesan Style or Pesto Blush. Dinner is completed with garlic smashed potatoes and fresh vegetables.	
Back Rib Dinner	\$12.00
BBQ braised pork back ribs finished with our mild smoke sauce and then served with our smashed potatoes and fresh hand cut vegetables in a hint of garlic butter.	
Pasta Dinner	\$10.00
Fresh cooked pasta tossed in your choice of available sauces (blush, marinara, bolognese or alfredo) then topped with parmesan cheese and your choice of chicken, beef or shrimp.	
Leafy Salad Dinner	\$ 9.00
Your choice of Strawberry Salad or House Dijon Salad or Caesar Salad, topped with choice of chicken, beef tips or garlic shrimp.	
Friday Fish & Chips - 1pc / 2pc	\$11.00 / \$15.00
Beer battered halibut with fries, our house tartar sauce and mint coleslaw. Friday's Only.	

Chef's Feature **\$ market priced**
Call for today's featured details.

Family Dinner (serves 3-4) **\$35.00**
Boneless skinless chicken breast topped with your choice of Marsala or Roasted Red Pepper Sauce, served with our House Dijon Salad and pasta with your choice of Blush Sauce or Meat Sauce .

All above pricing does not include HST

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