



## **OCTOBER MENU**

Pricing reflects half & full servings respectively

### **Cena's Lime Infused Chicken Fajitas with Mediterranean Rice & Tortillas**

Without a doubt, these are a Cena favorite! These very fast fajitas are perfect for those busy weeknights. Marinated chicken breast portions, onions, and mixed peppers are combined with numerous spices, along with Mediterranean Rice & fresh tortillas for a mouth watering meal. Just add your salsa, sour cream & guacamole at home! *Packaged in a pan. Kid Friendly.*

**\$19.95 & \$38.95**

### **Basa with Lemon Cream Sauce**

Basa, a mild white fish, is pan-fried and finished with a delicate lemon cream sauce. This is wonderful to introduce seafood to your kids! Served with Cena's Lemon Herb Rice. *Packaged in a bag. Kid Friendly.* **\$19.50 & \$38.95**

### **Chicken Parmesan with Penne**

Without a doubt-The best-selling dish from Cena. Chicken breast lightly coated in a season Panko bread crumb mixture. On a bed of her own homemade all vegetable marinara sauce and topped with mozza cheese. An absolute family favorite and the sauce will not only provide your family with a package amount of vegetables but will also full even the pickiest pallets *Packaged in a bag. Kid Friendly.* **\$20.95 & \$39.95**

### **Jamaican Inspired Chicken with Jasmine Rice**

Keeping with Jamaican tradition, or chicken breast or rubbed with a mixture of paprika, turbinado sugar & mild spices, then baked or grilled unlike a "jerk spicy chicken", this dish is the opposite. Filled with flavor that even the kids of all ages will absolutely love! Served with jasmine rice. *Packaged in a bag. Gluten free. kid friendly.* **\$17.95 & \$34.95**

### **Greek Chicken Gyro's with Tzatziki, Pitas & Rice**

This is an extremely flavourful & quick dinner to make that everyone will enjoy. Tender cubes of chicken are marinating in our own special Greek spices, fresh garlic & olive oil. Served with a Cumin Rice, Tzatziki Sauce, Diced Tomatoes & Onions, along with fresh pitas (purchased from the Mediterranean Bakery in Edmonton). *Packaged in a bag. Kid Friendly.* **\$18.50 & \$35.95**

### **Parmesan Crusted Basa Filets with Lemon Herb Rice**

Wild Basa Filets are slightly broiled in the oven and then topped with a rich & flavourful parmesan-butter coating. They continued to cook until slightly brown and flaky. This light white fish is the perfect way to introduce seafood to children. It is never fished when preparing or cooking. Served with our Lemon Herb Rice. *Packaged in a bag.* **Kid Friendly. \$19.50 & \$37.95**

### **Peppercorn Crusted Beef Roast with an Onion Garlic Gravy & Tuscan Garlic Mashed Potatoes**

AAA Canadian Beef Roast (aged min of 21 days) is rolled in a peppercorn coating, and then slow cooked with a rich garlic & onion gravy. This is a family favorite. Served with our incredible Tuscan Garlic Mashed Potatoes. *Packaged in a bag.* **Kid Friendly. \$19.95 & \$39.95**

### **Pork Chops with an Apple Cream Sauce & Mashed Potatoes**

This is perfect meal to cook in a cool fall or winter night! It's quick & absolutely delicious. Lean pork chops are sautéed in onion, fresh diced apples and garlic, and then finished with a Rosemary Cream sauce. Served with our Tuscan Garlic Mashed Potatoes. *Packaged in a bag.* **Kid Friendly. \$18.95 & \$37.95**

### **Slow Cooker Pork Carnitas (Crock Pot)**

Another customer favorite! A generous pork roast slow cooks all day while incredible wafts of cinnamon, cilantro and cumin begin to fill the home. This is served with Tortillas, and Mediterranean Rice. Simply add whatever else you may want at home- lettuce, tomatoes, sour cream, salsa...just to name a few! *Packaged in a bag.* **Kid Friendly. \$18.95 & \$36.95**

### **Teriyaki Beef & Broccoli with Jasmine Rice**

This Cantonese dish comes from the Guangdong Province of Southern China. Marinated tender strips of beef & fresh broccoli florets are tossed with a light, mild ginger sauce and served in a bed of Jasmine Rice. *Packaged in a bag.* **Kid Friendly. \$19.95 & \$38.95**

### **Toasted Coconut Chicken with a Curry Cream Sauce**

Chicken breasts are coated perfectly with Panko Breadcrumbs and coconut! Topped with a sweet & NOT spicy Curry Cream Sauce. Served on Jasmine Rice. *Packaged in a bag.* **Kid Friendly. \$19.50 & \$37.95**

---

IF YOU WOULD LIKE TO ORDER THE ABOVE MEALS, PLEASE EMAIL US  
AT [CATERING@CENACATERING.COM](mailto:CATERING@CENACATERING.COM)

INDICATE WHICH MEALS & SIZES YOU WOULD LIKE

WE WILL HAVE MEALS READY FOR PICK-UP ON SATURDAY'S OR WE  
CAN ARRANGE FOR DELIVERY (AT A SMALL CHARGE)