



FEBRUARY MENU

Pricing reflects half & full servings respectively

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**

Caribbean Chicken with Jasmine Rice

Fresh green peppers and onions are in a Mango Cilantro Sauce which is seasoned with traditional Jamaican herbs. Your Mango Salsa is sautéed perfectly over boneless, skinless chicken breasts. Served with jasmine rice. *Packaged in a bag.* **Gluten free. Kid friendly. \$19.95 & \$39.95**

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**

Classic Shepherds Pie

Another Cena classic. Made with lean ground beef and cooked in a rich gravy. The beef is mixed with peas, onions, carrots, garlic & herbs and then topped with our signature Tuscan Garlic Mashed Potatoes. *Packaged in a bag.* **Kid Friendly. \$18.50 & \$36.95**

Earl Grey Salmon with Jasmine Rice

Salmon Filets (4 or 2) are marinated in a slightly sweet maple sauce infused with Earl Grey tea leaves- the flavours are simply amazing! Served with Jasmine Rice. *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 & 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**

Sticky Orange Chicken with Jasmine Rice

Another very popular meal! Lean chicken breasts (six or three) are coated in a Panko Breadcrumbs mixture & then topped with an Asian Inspired Sweet & Sticky Sauce. Served over a bed of Jasmine Rice. Pick up some spring rolls & enjoy this amazing dinner at your own dinner table. (Contains sesame oil). *Packaged in a bag.* **Kid Friendly. \$18.95 & \$38.95**

Linguine with Garlic Shrimp & Basil (Ready in 15 minutes)

Another Cena entrée that is a full meal and quick to make! Plump shrimp are sautéed with garlic, basil and loads of tomatoes which will then be placed on a bed of linguine and topped with fresh parmesan. *Packaged in a bag.* **Kid Friendly. \$18.95 & \$36.95**

Mexican Laced Pulled Pork with Rice

If you love Enchiladas- you must try this. A generous pork loin simmers all day in a slow cooker laced with Mayan spices, black beans & corn. This meal is ready to enjoy when you arrive home. It is served over Cumin Rice and topped with cheddar cheese. If you have a little salsa and sour cream at home, your meal will be complete! *Packaged in a bag.* **Kid Friendly. \$17.50 & \$33.95**

Pork Tenderloin with a Marsala Mop Sauce & Tuscan Garlic Mashed Potatoes

The "other" tenderloin that's often over-looked and underrated. This lean tenderloin will melt in your mouth when cooked to perfection. Served with a creamy Marsala sauce and our in-house made Tuscan Garlic Mashed Potatoes. Have company over & take all the credit! *Packaged in a bag.* **Kid Friendly. \$21.50 & \$41.95**

1) IF YOU WOULD LIKE TO ORDER THE ABOVE MEALS, PLEASE EMAIL US AT CATERING@CENACATERING.COM

2) INDICATE WHICH MEALS & SIZES YOU WOULD LIKE

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