

## Fill Your Freezer Retreat – Sept 19-21, 2025

### Please review the list below for available meal options.

\*Gluten friendly meals include ingredients without gluten, but the risk of cross contamination is high, and meals made at this retreat are not recommended for those who are celiac. Dairy free meals do not contain milk or cheese products.

\*The listed price is for the large meal size (4-6 servings/meal). If you choose the small meal size (2-3 servings/meal), the cost will be ½ the listed amount. Grab & Go are all one size.

This document is for information purposes only. Once you have registered for the retreat (kinasao.ca), you will receive a meal order form via email.

Chicken Recipes				
Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
Chicken Cordon Bleu Casserole	Diced chicken, ham and swiss cheese covered in stuffing and more cheese.	\$20	Oven	
Chicken Sausage Orzo	2 meats, spinach and a starch all in one pan!	\$20	Skillet	Dairy free GF *sub own pasta
Coconut Tandoori Chicken	Chicken thighs marinaded by Indian flavors and creamy coconut milk.	\$18	Slow Cooker Skillet	Gluten Friendly Dairy Free
Swiss Chicken Casserole	Whole chicken breasts topped with swiss cheese, mushroom sauce and stuffing.	\$20	Oven	
Pineapple Teriyaki Chicken	Whole Chicken breasts with teriyaki sauce, veggies and pineapple.	\$20	Slow Cooker, Oven	Gluten Friendly Dairy Free
Pesto Ranch Chicken	Chicken thighs with a pesto ranch sauce to serve over pasta	\$18	Slow Cooker, Oven	Gluten friendly
Mango Curry Chicken	Chicken thighs in a spiced mango sauce with peppers and red onion.	\$20	Slow Cooker, Oven	Gluten Friendly Dairy Free
Chicken Fried Rice	Chicken and veggies cooked up with brown rice.	\$18	Slow Cooker, Oven, Microwave	Gluten Friendly Dairy Free
Wicked Thai Chicken Soup	A hearty, creamy, just a little spicy, chicken and rice soup	\$18	Slow Cooker, Stove	Gluten Friendly

Beef Recipes				
Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
Burrito Bake	Rolled beef and bean burritos with salsa and cheese topping.	\$18	Oven	
Tomato Tater Tot Casserole	Ground beef, tomato and veggies topped with tater tots and cheese.	\$18	Oven	
Mongolian Beef	Beef steak strips in a slightly sweet soy sauce with matchstick carrots.	\$18	Skillet	Gluten Friendly Dairy Free
Beef & Veggie Chili	Ground beef chili with beans and root vegetables.	\$16	Slow Cooker, Oven, Stove	Gluten Friendly Dairy Free
Stuffed Italian Meatloaf	Beef & Italian sausage meatloaf with a middle layer of mozza & spinach.	\$18	Oven	
Taco Soup	Beef, beans and taco flavorings in a soup bowl.	\$16	Slow Cooker, Stove	Gluten Friendly Dairy Free
Homemade Hamburger Helper	Ground beef, veggies and macaroni in a tasty sauce, topped with cheese.	\$16	Skillet	
Unstuffed Cabbage Roll Casserole	Layers of ground beef and pork, tomato sauce, and rice.	\$18	Oven, Slow Cooker	Gluten Friendly Dairy Free

Pork Recipes				
Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
Italian Sausage Penne	A one skillet meal with Italian sausage, tomato, peppers and pasta.	\$15	Skillet	GF *sub own pasta Dairy Free
Greek Ham & Potatoes	Chunks of ham with lemony potatoes and green beans.	\$15	Oven, Slow Cooker	
Pizza Tortellini Bake	Pizza toppings mixed with cheese tortellini, topped with more cheese!	\$18	Oven, Slow Cooker	
Greek Souvlaki	Diced pork with chunks of peppers and onion with Greek seasoning.	\$15	Oven, Slow Cooker	Gluten Friendly Dairy Free
Pulled Pork & Baked Beans	Ready for a picnic with pulled pork and bbq baked beans!	\$18	Microwave, Oven, Slow Cooker	Gluten Friendly Dairy Free
Quiche	Ham & cheese quiche, delicious any time of day	\$15	Oven	Large = 1 10" Small = 2 x 5"
Cuban Pork Tenderloin with Beans & Rice	Pork tenderloin in a spiced citrus marinade, with rice & kidney bean side.	\$18	Slow Cooker, Oven	Gluten Friendly Dairy Free
Honey Dijon Pork Chops & Potatoes	Pork chops with green beans, carrots and potatoes	\$18	Slow cooker, Oven	Gluten Friendly Dairy Free

Vegetarian Recipes				
Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
Enchilada Quinoa Bake	Quinoa with beans, corn, tomato and cheese for a filling meat free meal.	\$15	Slow Cooker, Stove, Oven	Gluten Friendly
Lentil Veggie Sauce with Pasta	Green lentils, vegetables in a tomato sauce ready to serve over pasta.	\$15	Slow Cooker, Stove, Oven	Gluten Friendly

Grab & Go – great for lunches or a quick meal on the go! – All orders will be full size				
Meal	Description	ONE SIZE:	Cooking Methods	Notes
Chicken Burritos (4)	Shredded chicken, rice, navy beans, corn, onion and cheese stuffed in a tortilla.	\$12	Microwave	
Baked Oatmeal Cups (12)	A favorite breakfast in a quick and easy muffin format.	\$12	Microwave	
Pizza Pinwheels (10)	Pizza sauce, pepperoni and cheese rolled up in an easy to grab and go lunch.	\$12	Microwave	
BBQ Chicken Pinwheels (10)	BBQ sauce, chicken, red onion, peppers and cheddar cheese rolled up to go!	\$12	Microwave	
Granola Bars (10)	Oats, raisins, chocolate chips and coconut make a delicious treat!	\$12	Thaw	
Chocolate Chip Cookie Dough Balls (15)	Chocolate Chip Cookies can be ready in a hurry with these prepared frozen dough balls.	\$12	Oven	