

Fill Your Freezer Retreat – Sept 25-27, 2026

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 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 page is for information purposes only. Registered participants will receive an online order form 1 month prior to the retreat, and it will be due 3 weeks prior to the retreat. Costs may change and will be finalized on order form.

Chicken Recipes					
	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
1	Pesto Ranch Chicken	Chicken thighs with a pesto ranch sauce to serve over pasta	\$22	Slow Cooker Oven	Gluten Friendly
2	Chicken Pot Pie	Classic comfort food - flaky pie crust encasing veggies, potatoes, and chicken.	\$16	Oven	Large = 1 10" pie Small = 2 5" pies
3	Thai Chicken Stirfry	Chicken, peppers, onions and carrots in a thai sauce, topped with peanuts	\$18	Skillet Oven	Gluten Friendly Dairy Free
4	Chicken Cordon Bleu Casserole	Diced chicken, ham and swiss cheese covered in stuffing and more cheese.	\$22	Oven	
5	Teriyaki Pineapple Chicken	Whole chicken breasts with teriyaki sauce, veggies and pineapple	\$22	Slow Cooker Oven	Gluten Friendly Dairy Free
6	Korean Chicken	Whole chicken thighs in a sweet, savory, spicy sauce.	\$20	Skillet Oven	Gluten Friendly Dairy Free
7	Buffalo Chicken Rice Casserole	A creamy yet spicy sauce with chicken, rice and peas	\$18	Oven	
8	Bruschetta Chicken	Chunks of chicken topped with cheese, tomatoes and stuffing	\$18	Oven	
9	Mediterranean Meatloaf	Ground turkey with feta, olives, sun dried tomatoes and spices	\$15	Oven	Gluten Friendly
Beef Recipes					
	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
10	Mongolian Beef	Beef steak strips in a slightly sweet soy sauce with matchstick carrots.	\$23	Skillet	Gluten Friendly Dairy Free
11	Big Mac Tater Tot Casserole	Beef with big mac inspired sauce, covered in cheese and tots	\$23	Oven	Gluten Friendly
12	Beef Stew	Stew meat with potatoes, carrots, peas in a tomato based sauce.	\$20	Slow Cooker	Gluten Friendly Dairy Free
13	Pepper Steak	Stew meat with tri colour peppers with a soy sauce.	\$23	Slow Cooker	Gluten Friendly Dairy Free
14	Ground Beef Stroganoff	Creamy beef & mushroom topping to go over pasta or potatoes.	\$19	Slow Cooker Skillet	

15	Lazy Rouladen	An easy version of a German classic – with beef, bacon, carrots and pickles!	\$15	Skillet Oven	Dairy Free
16	Mighty Meatballs	Meatballs topped with a BBQ sauce with our favorite ingredient – liquid smoke!	\$15	Oven	Gluten Friendly Dairy Free
17	Lazy Lasagna	All the lasagna goodness without the layers	\$22	Slow Cooker Oven	
18	Taco Rice Casserole	A taco in a bowl – beef, corn, black beans, rice, tomato and cheese	\$16		Gluten Friendly

Pork Recipes

	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
19	S & S Pork	Chunks of pork, veggies and pineapple with sweet and sour sauce.	\$20	Oven Slow Cooker	Dairy Free Gluten friendly
20	Pizza Casserole	All the great flavours of pizza mixed into a pasta dish	\$15	Oven Slow Cooker	GF *sub own pasta
21	Garlic Sausage & Peppers	Sliced garlic sausage, peppers, onions and tomato based sauce	\$16	Oven Slow Cooker	Dairy Free Gluten Friendly
22	Potsticker Casserole	Pork & Veggie potstickers in a red curry coconut sauce topped with veggies.	\$17	Oven	Dairy Free
23	Maple Pork Tenderloin	A delicious, sweet marinate using maple syrup, orange zest and curry powder.	\$16	Oven Slow Cooker	Dairy Free Gluten Friendly
24	Italian Sausage Penne	A one skillet meal with sausage, tomato and pasta.	\$15	Skillet	Dairy Free GF *sub own pasta
25	Greek Lemon Potatoes & Ham	Chunks of ham with lemony potatoes and green beans.	\$18	Oven Slow Cooker	
26	Garlic Parmesan Pork Chops	Boneless pork chops with a creamy, garlicky, cheesy sauce.	\$18	Oven Slow Cooker	

Vegetarian & More Recipes

	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
27	Tuna Casserole	Tuna, pea, peppers and mushroom sauce to mix with egg noodles	\$15	Oven	
28	Lentil Sloppy Joes	Tomato based sauce with lentils to top your bun.	\$10	Stovetop Oven	Dairy Free Gluten Friendly
29	Vegetarian Chili	Beans, Tomatoes, Corn, Peppers, Carrots, Celery – so many veggies!	\$15	Stovetop Slow Cooker	Dairy Free Gluten Friendly
30	Build Your Own Pizza Kit	Pizza crust, sauce and toppings ready to assemble and bake	\$16	Oven	Large – 2 x 12” Small – 1 x 12”

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
31	Pizza Pinwheels (12)	Pizza sauce, pepperoni and cheese rolled up in an easy to grab and go lunch.	\$12	Microwave	

32	Breakfast Wraps (4)	Scrambled eggs, Italian sausage, hashbrowns & cheese in a flour tortilla	\$10	Microwave	
33	Cinnamon Buns (12)	Unbaked frozen cinnamon buns, ready to thaw and bake for a yummy breakfast.	\$10	Oven	
34	Granola Bars (12)	Oats, craisins, chocolate chips and coconut make a delicious treat.	\$10	Microwave	
35	Hamburger Muffins (12)	Ground Beef, Mushroom sauce and Cheese in a biscuit cup	\$10	Microwave	