

Bowen Island Gymnastics Club

Holiday Favorites Fundraiser

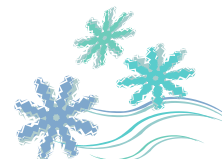
Including Fun Appetizers, Gourmet Entrées
& our 'Quick & Delish' selection



ORDER DEADLINE – Tuesday Nov. 10th, 2020

**DELIVERY DATE – Tuesday Nov. 17th at 4:00 p.m.
@ BICS (parking lot)**

Sellers are responsible for their customers' orders



**Just in time for Christmas! Order today, and enjoy the Holiday Season!
Pass along an order form to family & friends!**

FROZEN PRODUCT

CASE SIZE

COST

HANDPICKED CROWD PLEASERS. MAKE ENOUGH TO SHARE!!

Ingredient lists available at www.neufeldfarms.ca/fundraising

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|---|-----------|----------|
| 1. Sea Salt & Cracked Pepper Wings – A crowd pleaser, just bake until crisp! Our favorite! | 2 kg. | \$ 36.00 |
| 2. Honey Garlic Wings – Fully cooked, lots of marinade. Packed with flavor! Simply delish! | 2 kg. | \$ 36.00 |
| 3. Mini Vegetable Spring Rolls – Just bake in the oven until light and crispy, and serve with Thai Chili sauce. An excellent addition to your appetizer menu! The best Spring Rolls around!! | 40 pcs. | \$ 28.00 |
| 4. Crispy Battered Shrimp – Crispy premium tail-off white shrimp lightly battered. Just bake until crisp & serve with Thai Chili Sauce. Gluten friendly! (Formerly called Bam Bam Shrimp) | 2.5 lbs. | \$ 35.00 |
| 5. Sesame Jack Potstickers – Decadent dumplings bursting with chicken, Monterey Jack cheese, vegetables and seasonings. Pan fry and serve with your favorite sauce. (Approx. 82 pcs) | 2.2 kg. | \$ 37.00 |
| 6. Macaroni & Cheese Wedges – Add something fun to your table! These are most definitely a crowd pleasing party appetizer, plus a perfect snack or weekend lunch for the kids. | 3 lb. | \$ 25.00 |
| 7. Mini Potato and Cheddar Perogies – Bite size Perogies, make a great addition to your appy or brunch menu. Serve with sautéed onions, bacon & sour cream! | 2/1.8 kg. | \$ 23.00 |
| 8. Vegetable Pakora – Get a little taste of India in these savory Pakora fritters. Filled with a mix of vegetables and ethnic spices. Use as a snack or appy. Approx. 60 pieces. | 60 pcs. | \$ 26.00 |
| 9. Mini Vegetable Samosas – Bite-sized samosas generously stuffed with carrots, peas potatoes, and cilantro. They are oven ready and perfect for any occasion. Mildly spiced. | 60 pcs. | \$ 38.00 |
| 10. Mozza Bites – Light and crispy battered mozzarella 'two bite' cheese sticks. Serve with a bold red pepper jelly for the adults or marinara sauce for the kids! | 2 kg. | \$ 36.00 |
| 11. Pork Dry Ribs – Fully cooked rib pieces. Pub Style. Heat in oven or deep fry. A family favorite. | 3 lb. | \$ 27.00 |
| 12. Pickle Spears – Brined pickles cut into wedges and lightly coated in a tangy dill breading. Awake your senses with this fun bold flavor & crunchy texture, perfect for dipping! | 5 lb. | \$ 25.00 |
| 13. Bacon Wrapped Scallops – These make an elegant appetizer without the fuss. They are already skewered, so you just brush with a little BBQ sauce & bake! Great without sauce too! | 2 lbs. | \$ 35.00 |
| 14. Mini Assorted Quiche – Flaky pastry filled with rich creamy savory fillings. Fully cooked. Assortment contains 10 each: Mushroom, Onion, Spinach, and Vegetable. | 40 pcs. | \$ 23.00 |
| 15. Italian Beef Meatballs – Fully cooked 1/2 oz. beef meatballs lightly seasoned with parsley, onion, garlic powder, and parmesan cheese. Ready to add to pasta or your appetizer menu. | 2.27 kg. | \$ 32.00 |
| 16. Lobster Cakes – Taste the delicate sweet flavor of North American Cold Water Lobster in these gourmet homestyle seafood cakes. A tasty appetizer or serve with a salad for lunch. | 13/3 oz. | \$ 34.00 |
| 17. Chicken Nuggets – Juicy 100% white meat breaded and ready for dipping! Not just for the Kids! Add them to your appy buffet with assorted dips and watch them disappear! Yum! | 2.72 kg. | \$ 36.00 |

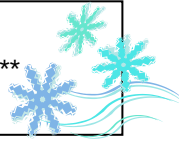
INGREDIENT LISTS AND NUTRITIONAL INFO AVAILABLE ON OUR WEBSITE

www.neufeldfarms.ca/fundraising

HOME FOR THE HOLIDAYS GOURMET ENTRÉES!!

Chicken ** Canada Grade A, from our Fraser Valley Farmers. Individually frozen, free run & hormone free. **

Beef * Hormone Free Seafood * Sustainable Fisheries Pork * Hormone Free



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| 18. Turkey Breast Fillets - The tenderloin of the turkey! Low stress, High Flavor! Try these oven roasted or use your Instant Pot, you're going to love them! Seasoned, boneless skinless. | 2 kg. | \$ 24.00 |
| 19. Festive Turkey Cordon with Sage & Cranberry Stuffing - Turkey dark meat hand rolled with moist sage & cranberry stuffing. Lightly seasoned & breaded. A festive meal without the fuss! | 12/6 oz. | \$ 37.00 |
| 20. Chicken Ala Neptune – Full muscle breast hand rolled around lobster, scallops & garlic Butter. Lightly seasoned & breaded. Serve with steamed veg & wild rice for a decadent dinner! | 12/6 oz. | \$ 45.00 |
| 21. Crème Brie, Apple and Cranberry Cordon – Moist breast meat stuffed with crème brie, apples & Cranberries. Lightly breaded. Impress your guests, this is a top seller!! | 12/7 oz. | \$ 46.00 |
| 22. Chicken Parmesan 'Country Style' – Breast meat hand rolled around rich tomato sauce and a blend of mozzarella & parmesan cheese. Light crisp breading. Serve with spaghetti! | 18/4 oz. | \$ 39.00 |
| 23. Cordon Swiss 'Country Style' – Breast meat hand rolled with Swiss cheese and smoked ham. Lightly seasoned and breaded. Makes a delicious but easy entrée. Oven ready. | 32/4 oz. | \$ 56.00 |
| 24. Breaded Veal Cutlets - Fork tender veal, hand coated in savory breadcrumbs. Oven ready for an easy weeknight dinner. Serve with mushroom sauce, gravy, or in your veal parmigiana! | 16/4 oz. | \$ 34.00 |
| 25. Chicken Breasts, boneless skinless – Tender & juicy every time. Individually frozen, free run, and hormone free. Perfect for all of your chicken recipes. Our top seller! Seasoned. | 4 kg. | \$ 42.00 |
| 26. Heritage Breasts, boneless skinless – Specialty grain fed, all vegetable diet, free run, non-medicated (no antibiotics), and hormone free. Individually Quick Frozen. Seasoned. | 4 kg. | \$ 50.00 |
| 27. Clucks Chicken Fingers –These tender strips are our favorite! Just bake and serve with your favorite dipping sauce. Seasoned breading, they have a nice peppery bite to them! | 4 kg. | \$ 50.00 |
| 28. GLUTEN FREE Chicken Strips –Yum! These breaded chicken strips are tender on the inside and crispy on the outside! These get rave reviews by kids and adults alike! Top quality! | 2 kg. | \$ 42.00 |
| 29. Souvlaki Satays – Chicken breast marinated in a Greek marinade & woven onto a wooden Skewer. Serve with pita, tzatziki dip & Greek salad. Packaged tightly, may need to separate. | 2 kg. | \$ 41.00 |
| 30. Thighs, boneless skinless – Fall in love with chicken thighs! So tender and so much flavor. | 2 kg. | \$ 32.00 |
| 31. Chicken and Turkey Breakfast Sausage – A very lean and flavorful breakfast sausage. Packaged tightly, frozen in layers; liners between allow to be pulled apart. May appear frosty. | 2.27 kg. | \$ 23.00 |
| 32. N.Y. Striploin Steaks – There's nothing better than a delicious, juicy, mouth-watering steak! Sear these on the grill and sprinkle with Montreal Steak Spice! | 9/8 oz. | \$ 57.00 |
| 33. Bacon, fully cooked – 100 Individual slices of ready to eat bacon. Never fry bacon again! | 100 pcs. | \$ 31.00 |
| 34. Gourmet Halibut Burger –Wild Alaskan Halibut full muscle fillets, lightly seasoned and Panko breaded for a crisp finish. Gourmet! These are at the top of the seafood burger line! | 8/4.5 oz. | \$ 35.00 |
| 35. Shaved Prime Rib – Just thaw & simmer in beef jus (not included) and serve on a crusty roll for a deliciously tender beef dip! Stir fry with peppers for a Philly Cheesesteak. Yum! | 12/5 oz. | \$ 44.00 |
| 36. Lean Ground Beef – Very lean ground beef, packaged in 1 pound chubs. No hormones. | 10/1 lbs. | \$ 48.00 |
| 37. Maple Pork Breakfast Sausage – A great breakfast sausage with a hint of maple. Perfect for your family breakfast or brunch menu. Natural pork casing. 55 sausages. So good!! | 2.27 kg | \$ 27.00 |
| 38. Ground Turkey, Lean – Make a heart healthy choice! Great for burgers, spaghetti, tacos, Turkey chili and more! Your options are endless! Comes packaged in 1 pound chubs. | 8/1 lb. | \$ 29.00 |
| 39. Wild Spring Salmon Fillets –Caught in the pristine waters of Alaska, this King Chinook Salmon is full of healthy Omega 3's and has a clean rich flavour. Sure to be a winner for dinner! | 8/6 oz. | \$ 46.00 |

QUICK, DELICIOUS & ALL LOCALLY MADE

Because We Love to Support Local!!

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| 40. Traditional Shepherd's Pie – Homemade goodness!! Made with beef, veggies and gravy and topped with buttery mashed potatoes and cheddar cheese. | 4/850 gr. | \$ 45.00 |
| 41. Savoury Salmon Hand Pie – Puff pastry generously stuffed with wild salmon and creamy spinach & artichoke filling. This handmade pastry makes a gourmet meal, serve with a salad! | 18/100 gr. | \$ 33.00 |
| 42. Helmi's Premium Homemade Perogies – 2 bags of potato, cheddar cheese & onion, and 2 bags potato, bacon and onion. Serve with sautéed onions, bacon & sour cream. (24 per 1 kg) | 4/1 kg. | \$ 33.00 |
| 43. Chicken Pot Pies - Chicken, potatoes, veggies and gravy in a gourmet crust. | 12/4 inch | \$ 36.00 |
| 44. Pizza Variety Pack - Individual 6 inch pizzas. 6 pepperoni, 6 ham and pineapple, 6 cheese. | 18/6 inch | \$ 36.00 |
| 45. Meat Lasagna with 4 Cheeses – Fresh pasta layered with meat sauce, mozzarella, cottage, Romano, and parmesan cheeses! Personal size serving trays (330 gr). | 8/330 gr. | \$ 29.00 |
| 46. Breakfast Burrito – A hearty burrito filled with scrambled eggs, ham, bacon, veggies & Cheese! Microwave or bake for your breakfast on the go! | 16/135 gr. | \$ 36.00 |

Please circle items ordered on this sheet and keep for your records.

INGREDIENT LISTS AND NUTRITIONAL INFO AVAILABLE ON OUR WEBSITE www.neufeldfarms.ca/fundraising

Bowen Islands Gymnastics Club Order Form - Name _____.

Phone number day of delivery _____ Email _____.

Please make cheques payable to 'Bowen Island Gymnastics Club'													
Products	Size	Price										TOTALS	
1	Sea Salt & Cracked Pepper Wings	2 kg.	\$36.00										1
2	Honey Garlic Wings	2 kg.	\$36.00										2
3	Mini Vegetable Spring Rolls	40 pcs	\$28.00										3
4	Crispy Battered Shrimp	2.5 lbs.	\$35.00										4
5	Sesame Jack Potstickers	2.2 kg.	\$37.00										5
6	Macaroni & Cheese Wedges	3 lbs.	\$25.00										6
7	Mini Potato and Cheddar Perogies	2/1.8 kg.	\$23.00										7
8	Vegetable Pakora	60 pcs.	\$26.00										8
9	Mini Vegetable Samosas	60 pcs.	\$38.00										9
10	Mozza Bites	2 kg.	\$36.00										10
11	Pork Dry Ribs	3 lbs.	\$27.00										11
12	Pickle Spears	5 lbs.	\$25.00										12
13	Bacon Wrapped Scallops	2 lb.	\$35.00										13
14	Mini Assorted Quiche	40 pcs.	\$23.00										14
15	Italian Beef Meatballs	2.27 kg.	\$32.00										15
16	Lobster Cakes	13/3 oz.	\$34.00										16
17	Chicken Nuggets	2.72 kg.	\$36.00										17
18	Turkey Breast Fillets	2 kg.	\$24.00										18
19	Festive Turkey Cordon	12/6 oz.	\$37.00										19
20	Chicken Ala Neptune	12/6 oz.	\$45.00										20
21	Crème Brie, Apple & Cranberry Cordon	12/7 oz.	\$46.00										21
22	Chicken Parmesan Country Style	18/4 oz.	\$39.00										22
23	Cordon Swiss Country Style	32/4 oz.	\$56.00										23
24	Breaded Veal Cutlets	16/4 oz.	\$34.00										24
25	Chicken Breasts, boneless skinless	4 kg.	\$42.00										25
26	Heritage Breasts, boneless skinless	4 kg.	\$50.00										26
27	Clucks Chicken Fingers	4 kg.	\$50.00										27
28	Gluten Free Chicken Strips	2 kg.	\$42.00										28
29	Souvlaki Satays	2 kg.	\$41.00										29
30	Thighs, boneless skinless	2 kg.	\$32.00										30
31	Chicken & Turkey Breakfast Sausage	2.27 kg.	\$23.00										31
32	N.Y. Striploin Steaks	9/8 oz.	\$57.00										32
33	Bacon, fully cooked	100 pcs.	\$31.00										33
34	Gourmet Halibut Burgers	8/4.5 oz.	\$35.00										34
35	Shaved Prime Rib	12/5 oz.	\$44.00										35
36	Lean Ground Beef	10/1 lb.	\$48.00										36
37	Maple Pork Breakfast Sausage	2.27 kg.	\$27.00										37
38	Ground Turkey, lean	8/1 lb.	\$29.00										38
39	Wild Spring Salmon Fillets	8/6 oz.	\$46.00										39
40	Traditional Shepherd's Pies	4/850 gr.	\$45.00										40
41	Savoury Salmon Hand Pies	18/100 gr.	\$33.00										41
42	Helmi's Homemade Perogies	4/1 kg.	\$33.00										42
43	Chicken Pot Pies	12/4 inch	\$36.00										43
44	Pizza Variety Pack	18/6 inch.	\$36.00										44
45	Meat Lasagna with 4 Cheeses	8/330 gr.	\$29.00										45
46	Breakfast Burrito	16/135 gr.	\$36.00										46
Total Cases													
Total Money													