



Menu

Ready-To-Eat
2024



bernard
& Fils Traiteur

DISCOVER THE BIG NEWS OF 2024!

Simplify your weekly meal planning with our new ready-to-eat meal option:

1. A solution for organizing freshly cooked meals for the office and home, ready in 2 minutes.
2. Ordered for next-day delivery.
3. Customized menus available.
4. Make your daily or weekly plan.

Enjoy 5 rotating choices every 2 weeks, with the ability to customize to your needs.

Our ready-to-eat highlights:

- 7-day shelf life.
- Ready in just 2 minutes in the microwave.
- Bistro quality and unique presentation.

Prices range from 15.50\$ to 17.50\$ per meal, for an incomparable catered culinary experience.



Presentation of the dishes may differ from the photos.
We offer allergen-free options; however we cannot guarantee that there is no cross-contamination.
Please note that our prices may vary without notice due to increases in the cost of goods.



Minimum order of 10 meals of your choice.
Orders accepted by 12 PM the day before.

WEEK 1 AND WEEK 2
February 5 to February 18, 2024

Individual portion.

Ready-to-eat #115.50 \$

Stir-fry tofu with honey and soy, barley with baby vegetables.

Ready-to-eat #216.00 \$

Füssli bolognese, bacon and parmesan slices.

Ready-to-eat #316.50 \$

Pork tenderloin with mustard, green beans and rice.

Ready-to-eat #416.50 \$

Peanut chicken, quinoa with green peas and corn.

Ready-to-eat #517.50\$

Indian-style curry shrimp, jasmine rice.

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WEEK 3 AND WEEK 4

February 19 to March 3, 2024

Individual portion.

Ready-to-eat#1 15.50 \$

Vegetable and chickpea cary with coconut milk, jasmine rice.

Ready-to-eat#2 16.00 \$

Beef chili, coriander quinoa and sour cream.

Ready-to-eat #3 16.50 \$

Gnocchi with sausage meat, tomato and parmesan sauce.

Ready-to-eat #4 16.50 \$

General Tao chicken, long rice and peppers.

Ready-to-eat #5 17.50\$

Shrimp on Shanghai noodles with soy and bok choy.



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WEEK 5 AND WEEK 6
March 4 to March 17, 2024

Individual portion.

Ready-to-eat #1	15.50 \$
Veggie chili, coriander quinoa and sour cream.	
Ready-to-eat #2	16.50 \$
Beef and green bean lasagne with vinegar.	
Ready-to-eat #3	16.50 \$
Lacquered pork with sweet soy sauce, Shanghai noodles and sautéed bok choy.	
Ready-to-eat #4	17.00 \$
Chicken Penne Arrabbiata au gratin with parmesan and tomato confit.	
Ready-to-eat #5	17.50\$
Braised veal with red wine and pearl onions, mashed potatoes and parsnips.	

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WEEK 7 AND WEEK 8

March 18 to March 31, 2024

Individual portion.

Ready-to-eat #1

15.50 \$

Indian-style tofu with roasted zucchini and cauliflower, simmered lentils.

Ready-to-eat#2

16.00 \$

Penne Alfredo with chicken, tarragon, lemon and green peas.

Ready-to-eat #3

16.50 \$

Sweet and sour chicken, jasmine rice and bok choy.

Ready-to-eat #4

16.50 \$

Pork meatball, spinach macaroni and tomatoes.

Ready-to-eat #5

17.50\$

Braised beef with red wine and pearl onion, mashed potatoes and parsnips.



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CONTACT US

Get a quote

[Fill our online contact form \(click here\).](#)

Contact us

By phone at 514 525-0121

By email at info@bernard-traiteur.com

Website

www.bernard-traiteur.com

Address

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(Québec) H1W 3X6

QUESTIONS ?

Delivery

Delivery costs extra depending on the territory.

Food allergies

Allergen-free options are available (additional charge), but we can't guarantee that there is no cross-contamination. Please ask a staff member for more information.

Pickup option

It is possible to pick up your order directly on site. Call us for conditions.