

SIDE DISHES

Side dishes are pre-made in disposable aluminum baking pans, ready to thaw and bake. Each side dish is designed to provide four equal portions.

GARLIC MASHED POTATOES	\$5.50
SCALLOPED POTATOES	\$7.50
MACARONI & CHEESE	\$5.75
CALIFORNIA VEGETABLE MEDLEY	\$5.25
PEPPER JELLY VEGGIES	\$6.74
RATATOUILLE	\$6.75
ARTICHOKE & GREEN BEAN CASSEROLE	\$7.15
SPINACH & ARTICHOKE RICE	\$10.13

READY TO BAKE DESSERTS

Desserts are pre-made in disposable aluminum baking pans, ready to thaw and bake. Each dessert is designed to provide four to six equal portions.

PRALINE BREAD PUDDING	\$10.95
BANANA, PECAN & WHITE CHOCOLATE CHIP BREAD PUDDING	\$8.95
APPLE CRUMB	\$8.95
PEACH CRUMB	\$9.95
CHERRY CRUMB	\$10.95

ITEMS AND PRICING SUBJECT TO CHANGE WITHOUT NOTICE

PARTY PAN CATERING MENU AVAILABLE ONLINE AT

www.cnosmealsolutions.com



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GRAB-N-GO

Family friendly meals pre-packaged ready to bring home and prepare. Each Grab-N-Go meal feeds a family of 4 to 6 people.

CHICKEN MARSALA - Seasoned chicken breast strips smothered in a velvety Marsala wine and mushroom sauce. (Stovetop 20 minutes) \$18.78

CHICKEN CORDON BLEU - Casserole style bed of chicken breast strips with Swiss cheese and thin sliced ham, Béchamel sauce and bread crumbs. (Oven 45 minutes) \$18.54

TOASTED ALMOND CHICKEN – Seasoned chicken breast strips with toasted almonds simmered in an orange and Dijon mustard cream sauce. (Stovetop 20 minutes) \$16.47

CHICKEN & SUGAR SNAP PEA STIR FRY - Seasoned chicken breast morsels in seasoned peanut oil with sugar snap peas simmered in an orange almond stir fry sauce. (Stovetop 20 minutes) \$17.95

KUNG PAO CHICKEN - Seasoned chicken breast morsels in peanut oil with celery, green peppers, carrots, peanuts finished in a spicy stir fry sauce. (Stovetop 20 minutes) \$19.21

CHICKEN PARMESAN – Breaded Chicken breast ready for the sauté pan topped with mozzarella and provolone bathed in marinara sauce. (Stovetop 20 minutes) \$19.98

CHICKEN ALFREDEAUX – Seasoned chicken breast morsels spiced with tasso ham and finished in a luscious Alfredo sauce. (Stovetop 20 minutes) \$22.88

LEMON GARLIC CHICKEN - Sautéed chicken breast morsels in seasoned olive oil simmered in fresh squeezed lemon juice and garlic in a buttery cream sauce. (Stovetop 20 minutes) \$16.39

CHICKEN PICCATA - Seasoned chicken breast morsels simmered in a butter cream sauce with artichoke hearts, roma tomato, capers and fresh squeezed lemon juice. (Stovetop 20 minutes) \$21.43

FLO'S CHICKEN STEW – Southern style stewed chicken breast in brown gravy with potatoes, mushrooms and onions. \$15.24

BEEF FORESTIERE – Old country hearty dish of beef strips simmered in a rich brown sauce with sherry, mushrooms and potatoes. \$23.65

ROPA VIEJA - A classic Cuban dish consisting of shredded beef simmered in a combination of onion, sweet red pepper, tomato, cilantro, olive oil and bay leaves. (Stovetop 20 minutes) \$23.62

STEAK DIANE - Seasoned tender medallions coated with a silky rich brown sauce. (Stovetop 20 minutes) \$24.65

COCONUT & CURRIED PORK – Sautéed seasoned pork strips simmered in a silk coconut and curry sauce with onion, green pepper and roma tomato. \$18.90

SHRIMP ETOUFFEE – Succulent gulf shrimp stewed in a Creole style Etouffee sauce. (Stovetop 20 minutes) \$25.22

MAW MAW'S SHRIMP STEW - Gulf shrimp stewed in a combination of onions, green peppers, garlic and tomato in a New Orleans style brown roux. (Stovetop 20 minutes) \$18.36

SHRIMP CREOLE - Gulf shrimp stewed in a classic New Orleans trinity of onion, green peppers, and celery with garlic, tomato and seafood stock. (Stovetop 20 minutes) \$22.68

SHRIMP SCAMPI- Gulf shrimp sautéed and simmered in a classic Italian sauce of white wine, butter, lemon and garlic. (Stovetop 20 minutes) \$18.12

MUFFELATTA PASTA - Smoked ham, Genoa salami and Boscoli Olive salad tossed with penne pasta, topped with shredded mozzarella and provolone cheese. (Stovetop 20 minutes). \$20.75

PASTA CARBONARA - Our twist on an Italian Classic is sautéed apple wood smoked bacon and ham simmered in sherry, garlic, onion and green pepper tossed with butter, parmesan cheese and penne pasta. (Stovetop 20 minutes) \$18.06

EGGPLANT PARMESAN - Italian breaded tender eggplant strips layered in a ricotta cheese, olive and basil stuffing topped with marinara sauce, mozzarella, provolone and parmesan cheese. (Oven 45 minutes) \$20.11

TAKE-N-BAKE

Take-N-Bake meals are pre-made in disposable aluminum baking pans, ready to heat in the oven from frozen or thawed. Each meal is designed to provide 2 adult size portions.

SPINACH SUN DRIED TOMATO AND FOUR CHEESE LASAGNA \$13.50

MEATBALLS WITH MARINARA SAUCE \$9.25

MEATBALL LASAGNA \$12.75

BEEF ENCHILADA PIE \$10.45

POT ROAST WITH GRAVY, GREEN PEAS & RICE \$12.95

CREOLE SHEPHERDS PIE \$14.50

CRAWFISH ETOUFFEE WITH RICE \$15.95

CRAWFISH PASTA WITH CAJUN CREAM SAUCE \$15.25

SHRIMP CREOLE WITH RICE \$12.25

SHRIMP & EGGPLANT WITH TASSO CREAM \$14.95

SAUTÉED SHRIMP WITH ALFREDO SAUCE \$14.35

SAUTÉED SHRIMP WITH CREAMY PESTO & MUSHROOMS \$15.60

CRAB CAKE TOPPED TILAPIA WITH LEMON, BUTTER, WHITE WINE AND SUGAR SNAP PEAS \$21.25

FIRECRACKER CRUSTED TILAPIA WITH SHRIMP & RICE \$17.35

BAKED TILAPIA WITH SPINACH & ARTICHOKE RICE \$17.20

BASIL BAKED TILAPIA WITH PEPPER JELLY VEGGIES \$15.08

ROASTED MONTEREY CHICKEN WITH CHEESY RICE \$10.95

CHICKEN ENCHILADA PIE \$9.50

PEPPER JELLY CHICKEN AND VEGGIES \$11.29

CHICKEN, SUN DRIED TOMATO & MUSHROOM OVER FRENCH GREEN BEAN \$10.95

ROASTED CHICKEN BREAST WITH MARINARA SAUCE \$8.25

ROASTED CHICKEN BREAST WITH ALFREDO SAUCE \$13.25

ROASTED CHICKEN BREAST WITH CREAMY PESTO & MUSHROOMS \$14.50

CHICKEN & ANDOUILLE PASTA WITH CAJUN CREAM \$11.00

SMOKED BONELESS CHICKEN WITH BBQ SAUCE \$7.95

BABY BACK RIBS ½ RACK \$ 8.95

RED BEANS, ANDOUILLE SAUSAGE AND RICE \$8.25