

**Henry's Prepared Foods****978-922-3885****\*prices and weights are average- actual size and price will vary****\*prices subject to change\***

M= microwave container

A= aluminum container

<b>SOUPS/CHOWDERS</b>		<b>EASY DINNERS- MICRO AND "TV"</b>	
Beef Barley Soup	\$5.99/pint	Beef Stroganoff over Noodles TV Dinner (A)	\$7.99
Beef Stew	\$5.99/pint	Chicken Croquettes TV Dinner (A)	\$7.99
Chicken and Rice Soup	\$5.99/pint	Chicken Marsala TV Dinner (A)	\$7.99
Chicken Noodle Soup	\$5.99/pint	Chicken Nuggets TV Dinner (A)	\$7.99
Chili	16oz, \$6	Grilled Chicken Breast TV Dinner (A)	\$7.99
Clam Chowder	16oz, \$7	Meatloaf TV Dinner (A)	\$8.99
Corn Chowder	\$5.99/pint	Pot Roast TV Dinner (A)	\$7.99
Cream of Broccoli Soup	\$5.99/pint	Roast Lamb TV Dinner (A)	\$7.99
Cream of Mushroom Soup	\$5.99/pint	Roast Pork TV Dinner (A)	\$7.99
Fish Chowder	16oz, \$7	Scrod TV Dinner (A)	\$7.99
French Onion Soup	\$5.99/pint	Teriyaki Salmon TV Dinner (A)	\$9.99
Gazpacho Soup (seasonal)	\$5.99/pint		
Hearty Vegetable Soup	\$5.99/pint	BBQ Beef Burnt Ends (M)	16oz, \$7.99
Italian Wedding Soup	\$5.99/pint	Beef Stroganoff over Noodles (M)	16oz, \$7.99
Lentil Soup	\$5.99/pint	Beet and Goat Cheese Gocce Pasta (M)	\$7.99/lb
Minestrone Soup	\$5.99/pint	Black Pepper Chicken (M)	12oz, \$6
Pea Soup	\$5.99/pint	Chicken Cacciatore (M)	16oz, \$8
Pulled Pork Chili	\$8/pint	Chicken Del Rio over Rice (M)	16oz, \$7
Pumpkin Soup (seasonal)	\$5.99/pint	Chicken Parmesan over Spaghetti (M)	16oz, \$9
Strawberry Soup (seasonal)	\$5.99/pint	Chicken Quesadillas	
Tomato Soup	\$5.99/pint	Enchilada Casserole	\$6.99/lb
Turkey Rice Soup	\$5.99/pint	Indian Curry Chicken (M)	12oz, \$6
Vegetable Chili (M)	16oz, \$6	Jamaican Jerk Chicken (M)	12oz, \$6
		Korean Beef (M)	12oz, \$7
		Korean Pork (M)	12oz, \$7
<b>INDIVIDUAL SALADS</b>			
Ind. Salads-	approx \$5-9	Lobster Gocce Pasta (M)	\$7.99/lb
Baby Spinach		Moroccan Chicken (M)	12oz, \$6
Buffalo Chicken		Shrimp Scampi and Rice (M)	12oz, \$7
Chef Salad		Spaghetti and Large Meatballs Dinner (M)	approx \$7
Grilled Vegetables		Spaghetti and Veal Parmesan Dinner (M)	approx \$9
Mixed Green		Swedish Meatballs over Noodles (M)	\$7.99/lb
		Thai Red Shrimp Curry (M)	16oz, \$7
		Turkey Shepherd's Pie (A)	32oz, \$15

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<b>HOMESTYLE CLASSICS</b>		<b>ITALIAN</b>	
Party Size Chicken Pie	(serves 10) \$31.99	Baked Ziti	(ind size approx \$6, 2lbs about \$11-12)
Large Chicken Pie	(serves 3-4) \$16.99	Cheese Lasagna	12oz, \$5; 24oz, \$10; family size 5lbs \$35
Medium Chicken Pie	(serves 2-3) \$14.99	Cheese Ravioli in Alfredo Sauce	12oz, \$6
Small Chicken Pie	(serves 1) \$4.99	Cheese Ravioli in Red Sauce	12oz, \$6
Large Beef Pie	(serves 3-4) \$17.99	Cocktail Meatballs (small and large containers, about 12 meatballs in a pound)	\$8.99/lb
Medium Beef Pie	(serves 2-3) \$15.99	Eggplant Parmesan	16oz, \$7.50; 32oz, \$15
Small Beef Pie	(serves 1) \$5.99	Grilled Chicken Lasagna	2lbs, \$15
Large Turkey Pie	(serves 2-3) \$14.99	Grilled Chicken Lasagna	24oz, \$15
Medium Turkey Pie	(serves 2-3) \$14.99	Large Meatballs in Sauce (about 3-4 in container)	\$7.99/lb
Small Turkey Pie	(serves 1) \$4.99	Manicotti	12oz, \$6; 24oz, \$12
		Meat Lasagna	16oz, \$7; 24oz, \$12; family size 6lbs, \$45
American Chop Suey	16oz, \$9	Meat Sauce	16oz, \$7
Beef Gravy	pint, \$7	Meatloaf with Beef Gravy (individual and loaf pan size)	\$7.99/lb
Beef Shepherds Pie	\$6.99/lb	Meatloaf with Red Sauce (individual and loaf pan size)	\$7.99/lb
Beef Stroganoff	\$7.99/lb	Plain Spaghetti Sauce	16oz, \$6
Chicken Gravy	pint, \$7	Sauce with Meatballs	20oz, \$9
Delmonico Potatoes	16oz, \$7; 32oz, \$14	Stuffed Cabbage	8oz, \$4
Haddock Au Gratin	12oz, \$7	Stuffed Peppers	8oz, \$4
Large Quiche (9" serves 6-8 slices) assorted fillings	approx \$17-\$23, sold by weight	Stuffed Shells	12oz, \$6; 24oz, \$12
Macaroni and Cheese	12oz, \$6; 24oz, \$12	Vegetable Lasagna (individual and 3lb portions)	\$7.99/lb
Mushroom Ravioli (M)	16oz, \$9	Veggie Lasagna	12oz, \$6; 2-3lb pan, \$21
Old Fashioned Mac and Cheese (with Tomatoes)- large and small containers,	\$6.99/lb		
Shallot Mashed Potatoes (A)	16oz, \$7	<b>CHICKEN</b>	
Small Quiche (4" serves 2) assorted fillings	approx \$4-7	Artichoke Chicken	(1 per pack) \$6
Turkey Casserole	1 lb, \$7; 2 lbs, \$15	Breaded Chicken Cutlets	(2 per pack) \$7
Turkey Gravy	pint, \$7	Cajun Chicken Wings	18oz, \$10
		Chicken Cordon Bleu	8oz, \$5
		Chicken Croquettes	3 per pack, approx \$6
		Lite Chicken Cutlets	(2 per pack) \$6
		Stuffed Chicken Breast	12oz, \$7
		Tempura Chicken Fingers	1 lb, \$9
		Henry's Special Chicken Wings (teriyaki/Italian dressing)	10oz, \$5

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		Nutty Barley Salad	12oz, \$5
3 Bean Salad	8oz, \$2; pint, \$4	Olivetta	4oz, \$3
A la Greque Salad	1 pint, \$6.50	Orzo Pasta Salad	1 pint, \$5
American Chop Suey	\$7.49/lb	Pasta Primavera Salad	8oz, \$4
Angel Hair w/Artichoke Hearts		Penne Pasta Salad	1 pint, \$5
Artichoke Salad	6oz, \$3	Penne w/Asparagus (M)	\$5.99/lb
Asparagus in Lemon Butter (M)	\$8.99/lb	Pepper Steak Calzone (ind. serving)	\$5
Basmati Rice Salad	10oz, \$4	Perfect Bread Crumbs	pint, \$3
Black Bean Salad	12oz, \$5	Pesto Sauce	8oz, \$4
Canadian Pork Pie	6", \$6.99	Pink Poppysseed Dressing	(8oz, \$3) (16oz, \$7)
Caprese Salad	6oz, \$3	Plain Eggplant Cutlet	12oz, \$8.50
Carrot Salad	8oz, \$2	Plain Potato Salad	pint, \$5
Chick Pea Salad	12oz, \$5	Quadratine (pasta with spinach)	\$8.49/lb
Chicken Salad	8oz, approx \$5; pint, approx \$10	Ratatouille (M- seasonal item)	16oz, \$6
Chicken Salad Veronique	\$8.99/lb	Remoulade Sauce	8oz, \$3
Cocktail Sauce	8oz, \$3	Rice Pudding	8oz, \$4
Cocktail Sauce	8oz, \$3	Risotto with Lemon and Asparagus	\$8.99/lb
Corton	\$5.49/lb	Risotto with Mushroom and Spinach	\$8.99/lb
Corton Fontaine Style (with onion)	\$5.49/lb	Roasted Cauliflower	5oz, \$2-3
Croutons	(package), \$5	Salmon Cakes	(4 per pack) 16oz, \$10
Duck Sauce	10oz, \$4	Sausage and Meatball Calzone (ind. serving)	\$5
Egg Salad	8oz, \$4	Seafood Salad	8oz, \$4
Enchilada Casserole (M)	16oz, \$7.99	Seaweed Salad	4oz, \$2.50
Fresh Mexican Salsa	pint, \$8	Spinach Pie	4", \$4.69
Garlic Bread	(7 slices) \$4.99	Sweet and Sour Cucumbers	1 pint, \$5
Ham Salad	8oz, approx \$3.50; pint, approx \$7	Taco Pie (M)	16oz, \$7.99
Horseradish Sauce	8oz, \$4	Tuna Salad	8oz, \$4
Italian Calzone (ind. serving)	\$5	Tzatziki	8oz, approx \$2.50; pint, approx \$5
Italian Pasta Salad	12oz, \$5	Vegetable Enchilada (A)	2 per pack, \$3
Marinated Mushrooms	(8oz, \$2-3) (16oz, \$5)	Yakasoba (Japanese noodle salad)	\$9.99/lb
Mediterranean Mixed Olives	16oz, \$8		

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<b>PIZZA</b>		<b>DELI CASE PREPARED ITEMS</b>	
Flatbread Pizzas-	starting at \$6.99	Beef Gorgonzola	\$15.99/lb
Pepperoni	Cheese	Beet Salad	\$4.99/lb
Vegetable	Greek	Broasted (Fried) Chicken -breasts, thighs, legs	\$6.99/lb
Meat	Fig	Cheese Stuffed Eggplant	\$7.99/lb
BBQ Chicken		Chicken and Spinach Burrito	\$8.99/lb
Prince Pizza	small 3pk, \$9.99 large 2pk, \$13.99	Chicken Dumplings	\$9.99/lb
		Chicken Parmesan (ind. piece)	\$9.99/lb
		Chicken Wings- BBQ, Buffalo Teriyaki, Carolina Tangy, Sweet Chili Spice,	\$7.99/lb
<b>SIDES- also see link to "Holiday Sides"</b>		Coconut Chicken	\$8.99/lb
Bread Stuffing	12oz, \$4; 24oz, \$9	Coconut Shrimp	\$12.99/lb
Butternut Squash (M)	16oz, \$5	Crab Cakes	\$14.99/lb
Carrots Vichy (M)	12oz, \$5	Crunchy Breaded Shrimp	\$12.99/lb
Char-grilled Vegetables (M)	10oz, \$5	Crunchy Broccoli Salad	\$7.99/lb
Garlic Smashed Potatoes	16oz, \$6	Fish Tacos	\$3.99 each
Green Bean Almondine (M)	8oz, \$4	Grilled Artichokes	\$9.99/lb
Henry's Baked Beans	pint, \$4	Grilled Vegetables	\$7.99/lb
Plain Mashed Potatoes	16oz, \$6; 2lbs, \$12	Jason Mansfield Haddock	\$14.99/lb
Rice Pilaf (M)	8oz, \$3	New England Fish Cakes	\$6.99/lb
Roasted Red Potatoes	\$6.99/lb	Orange Salmon	\$17.99/lb
Scalloped Potatoes	\$6.99/lb	Panko Chicken	\$8.99/lb
Shallot Mashed Potatoes	16oz, \$6; 24oz, \$10	Poached Salmon	\$17.99/lb
Steamed Veggies (M)	12oz, \$6	Pulled Pork	\$9.99/lb
Sweet Potatoes (M)	16oz, \$5	Roasted Sun Dried Tomato Basil Mozzarella Salad	\$9.99/lb
Twice Baked Potatoes	1 potato, \$4; 2 potatoes, \$8	Salmon Cakes	\$10.99/lb
		Spicy Shrimp	\$12.99/lb
		Teriyaki Salmon	\$17.99/lb
		Turkey Kabobs	\$12.99/lb
		Vegetable Egg Rolls	\$8.99/lb
		Veggie Burgers	\$7.99/lb

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<b>GRILLED CHICKEN BREASTS (with toppings)</b>		<b>COOKED CHICKEN</b>	
Bacon and Swiss	\$8.99/lb	Breaded Chicken Fingers	\$8.99/lb
BBQ, Bacon, and Cheddar	\$8.99/lb	Grilled Chicken Breasts	\$8.99/lb
Sun-dried Tomato, Spinach, and Feta Cheese	\$8.99/lb	Breaded Chicken Cutlets	\$8.99/lb
Teriyaki Pineapple	\$8.99/lb		
Southwestern Chicken with Cilantro	\$8.99/lb		
Caprese with Mozzarella and Tomato	\$8.99/lb	<b>STUFFED CHICKEN BREASTS</b>	
		Spinach, Feta, Sun-dried Tomato	\$8.99/lb
		Asparagus and Cheddar	\$8.99/lb
<b>BONELESS "WING DINGS" (chicken nuggets)</b>		Cordon Bleu	\$8.99/lb
Mild Boneless "Wing Dings"	\$7.99/lb	Ham and Cheese	\$8.99/lb
Spicy Boneless "Wing Dings"	\$7.99/lb	Bacon and Cheddar	\$8.99/lb
<b>MISC</b>		Broccoli and Cheddar	\$8.99/lb
Grilled Kielbasa	\$6.99/lb		
Pig Wings (Pork Ribs w/BBQ Sauce)	\$12.99/lb		
Italian Style Breaded Pork Cutlets	\$8.99/lb		