

**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	\$6.99/pint	Beef Stroganoff over Noodles TV Dinner (A)	\$8.99/lb
Beef Stew	\$6.99/pint	Chicken Croquettes TV Dinner (A)	\$8.99
Chicken and Rice Soup	\$6.99/pint	Chicken Marsala TV Dinner (A)	\$9.99
Chicken Noodle Soup	\$7-8/pint	Chicken Nuggets TV Dinner (A)	\$7.99
Chili	\$6.99/pint	Grilled Chicken Breast TV Dinner (A)	\$9.99
Clam Chowder	\$6.99/pint	Meatloaf TV Dinner (A)	\$9.99
Corn Chowder	\$6.99/pint	Pot Roast TV Dinner (A)	\$9.99
Broccoli Cheddar	\$6.99/pint	Roast Lamb TV Dinner (A)	\$9.99
Cream of Mushroom Soup	\$6.99/pint	Roast Pork TV Dinner (A)	\$9.99
Fish Chowder	\$6.99/pint	Scrod TV Dinner (A)	\$10.99
French Onion Soup	\$6.99/pint	Teriyaki Salmon TV Dinner (A)	\$12.99
Gazpacho Soup (seasonal)	\$6.99/pint	Turkey TV dinner with stuffing (A)	\$9.99
Hearty Vegetable Soup	\$6-7/pint		
Italian Wedding Soup	\$6.99/pint	BBQ Beef Burnt Ends (M)	\$9.99/lb
Lentil Soup	\$6.99/pint	Beef Stroganoff over Noodles (M)	\$8.99/lb
Minestrone Soup	\$6.99/pint		
Pea Soup	\$6.99/pint	Black Pepper Chicken (M)	\$9.99/lb
Pulled Pork Chili	\$7-8/pint	Chicken Cacciatore (M)	\$8.99/lb
Pumpkin Soup (seasonal)	\$6.99/pint	Chicken Del Rio over Rice (M)	\$8.99/lb
Strawberry Soup (seasonal)	\$6.99/pint	Chicken Parmesan over Spaghetti (M)	16oz, \$9
Tomato Soup	\$6.99/pint	Chicken Quesadillas	\$11.99/lb
Turkey Rice Soup	\$6.99/pint	Enchilada Casserole	\$7.99/lb
Vegetable Chili (M)	\$6.99/pint	Indian Curry Chicken (M)	\$9.99/lb
<b>INDIVIDUAL SALADS</b>		Korean Beef (M)	\$10.99/lb
Ind. Salads-	approx \$6-10	Moroccan Chicken (M)	\$9.99/lb
Baby Spinach		Shrimp Scampi and Rice (M)	\$8.99/lb
Caesar		Spaghetti and Large Meatballs Dinner (M)	\$8-9
Grilled Chicken Caesar		Spaghetti and Veal Parmesan Dinner (M)	\$9.99/lb
Garden		Swedish Meatballs over Noodles (M)	\$7.99/lb
Mixed Green		Thai Red Shrimp Curry (M)	16oz, \$7
		Turkey Shepherd's Pie (A)	\$7.99/lb

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<b>HOMESTYLE CLASSICS</b>		<b>ITALIAN</b>	
Party Size Chicken Pie	(serves 10) \$36.99	Baked Ziti	(ind size approx \$6, 2lbs about \$11-12)
Large Chicken Pie	(serves 3-4) \$19.99	Cheese Lasagna (small, medium, family size)	\$6.99/lb
Medium Chicken Pie	(serves 2-3) \$17.99	Cheese Ravioli in Alfredo Sauce	\$9.99/lb
Small Chicken Pie	(serves 1) \$5.79	Cheese Ravioli in Red Sauce	\$9.99/lb
Large Beef Pie	(serves 3-4) \$19.99	Cocktail Meatballs (small and large containers, about 12 meatballs in a pound)	\$8.99/lb
Medium Beef Pie	(serves 2-3) \$17.99	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) \$19.99		
Medium Turkey Pie	(serves 2-3) \$17.99	Large Meatballs in Sauce (about 3-4 in container)	\$7.99/lb
Small Turkey Pie	(serves 1) \$5.79	Manicotti	12oz, \$6; 24oz, \$12
		Meat Lasagna (small, medium, family size)	\$7.99/lb
American Chop Suey	\$7.99/lb	Meat Sauce	\$5.99/lb
Beef Gravy	\$7.99/lb	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	\$8.99/lb	Plain Spaghetti Sauce	\$7.99/lb
Chicken Gravy	\$7.99/lb		
Delmonico Potatoes	\$7/16oz,\$14/ 32oz	Stuffed Cabbage	\$7.99/lb
Haddock Au Gratin	\$11.99/lb	Stuffed Peppers	\$7.99/lb
Large Quiche (9" serves 6-8 slices) assorted fillings	approx \$20-\$26 sold by weight	Stuffed Shells	\$7.99/lb
Macaroni and Cheese large and small containers,	\$7.99/lb		
Mushroom Ravioli (M)	16oz, \$9	Vegetable Lasagna (ind. size and 3lb portion)	\$8.99/lb
Old Fashioned Mac and Cheese (with Tomatoes)- large and small containers,	\$9.99/lb		
Shallot Mashed Potatoes (A)	\$6.99/lb	<b>CHICKEN</b>	
Small Quiche (4" serves 2) assorted fillings	approx \$6-\$9	Artichoke Chicken	\$6-7, 1 per pack
Turkey Casserole	1 lb, \$9; 2 lbs, \$18	Breaded Chicken Cutlets	\$9-10, 2 per pack
Turkey Gravy	\$7.99/lb	Cajun Chicken Wings	\$11.99/lb
		Chicken Cordon Bleu	\$6-7
		Chicken Croquettes	\$6-7, 3 per pack
		Lite Chicken Cutlets	(2 per pack)
		Tempura Chicken Fingers	\$12-14 per package
		Henry's Special Chicken Wings (teriyaki/Italian dressing)	\$11.99/lb

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3 Bean Salad	\$4.99/lb	Nutty Barley Salad	\$7.99/lb
A la Greque Salad	\$7.99/lb	Olivetta	4oz, \$4
American Chop Suey	\$7.99/lb	Orzo Pasta Salad	\$8.99/lb
Angel Hair w/Artichoke Hearts	\$6.99/lb	Pasta Primavera Salad (seasonal)	\$7.99/lb
Artichoke Salad	\$6.99/lb	Penne Pasta Salad	\$7.99/lb
Asparagus in Lemon Butter (M)	\$8.99/lb	Penne w/Asparagus (M)	\$7.99/lb
Basmati Rice Salad	\$6.99/lb	Pepper Steak Calzone (ind. serving)	\$5
Black Bean Salad	\$6.99/lb	Perfect Bread Crumbs	pint, \$3
Canadian Pork Pie	6", \$7.99	Pesto Sauce	½ pint, \$4
Caprese Salad	\$11.99/lb	Pink Poppyseed Dressing	(8oz, \$3) (16oz, \$7)
Carrot Salad	\$4.99/lb	Plain Eggplant Cutlet	\$9.99/lb
Chick Pea Salad	\$6.99/lb	Plain Potato Salad	\$6.99/lb
Chicken Salad	\$11.99/lb	Quadratine (pasta with spinach)	\$8.99/lb
Chicken Salad Veronique	\$9.99/lb	Ratatouille (M- seasonal item)	
Cocktail Sauce	\$4, 1/2pint	Remoulade Sauce	½ pint, \$3-4
Corton	\$7.99/b	Rice Pudding	8oz, \$4
Corton Fontaine Style (with onion)	\$7.99/lb	Risotto with Lemon and Asparagus	\$7.99/lb
Croutons	(package), \$5	Risotto with Mushroom and Spinach	\$7.99/lb
Duck Sauce	\$4, 1/2pint	Roasted Cauliflower	\$7.99/lb
Egg Salad	\$8.99/lb	Salmon Cakes	\$13.99/lb (4 per pack)
Enchilada Casserole (M)	16oz, \$7.99	Sausage and Meatball Calzone (ind. serving)	\$5
Fresh Mexican Salsa	\$7-8	Seafood Salad	\$9.99/lb
Garlic Bread	(7 slices) \$4.99		
Ham Salad	\$8.99/lb	Spinach Pie (round)	\$5-6 each
Horseradish Sauce	\$4, 1/2pint	Sweet and Sour Cucumbers	1 pint, \$5-6
Italian Calzone (ind. serving)	\$5-6	Taco Pie (M)	\$7.99/lb
Italian Pasta Salad	\$7.99/lb	Tuna Salad	\$11.99/lb
Macaroni Salad	\$6.99/lb	Tzatziki	8oz, approx \$2.50; pint, approx \$5
Marinated Mushrooms	\$9.99/lb	Vegetable Enchilada (A)	\$7.99/lb
Mediterranean Mixed Olives	\$10, 16oz	Yakasoba (Japanese noodle salad)	\$9.99/lb

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<b>PIZZA</b>		<b>DELI CASE PREPARED ITEMS</b>	
Flatbread Pizzas-	starting at \$7.49	Beef Gorgonzola	\$19.99/lb
Pepperoni	Cheese	Beet Salad	\$7.99/lb
Vegetable	Greek		
Meat	Fig	Cheese Stuffed Eggplant	\$9.99/lb
BBQ Chicken		Chicken and Spinach Burrito	\$9.99/lb
Prince Pizza	small 3pk, \$9.99 large 2pk, \$13.99	Chicken Dumplings	\$10.99/lb
		Chicken Parmesan (ind. piece)	\$12.99/lb
		Chicken Wings- BBQ, Buffalo Teriyaki, Carolina Tangy, Sweet Chili Spice,	\$11.99/lb
<b>SIDES- also see link to "Holiday Sides"</b>		Coconut Chicken	\$12.99/lb
Bread Stuffing (small and medium)	\$5-12	Coconut Shrimp	\$15.99/lb
Butternut Squash (M)	\$6.99/lb		
Carrots Vichy (M)	\$8.99/lb	Crunchy Breaded Shrimp	\$15.99/lb
Char-grilled Vegetables (M)	\$9.99/lb	Crunchy Broccoli Salad	\$9.99/lb
Garlic Smashed Potatoes	\$6.99/lb	Fish Tacos	\$5.99 each
Green Bean Almondine (M)	\$6.99/lb	Grilled Artichokes	\$12.99/lb
Henry's Baked Beans	\$4.99/lb	Grilled Vegetables	\$9.99/lb
Plain Mashed Potatoes (small and medium)	\$6-14	Jason Mansfield Haddock	\$15.99/lb
Rice Pilaf (M)	8oz, \$3	New England Fish Cakes	\$12.99/lb
Roasted Red Potatoes	\$6.99/lb	Orange Salmon	\$21.99/lb
Scalloped Potatoes	\$6.99/lb	Panko Chicken	\$12.99/lb
Shallot Mashed Potatoes (small and medium)	\$4-12		
Steamed Veggies (M)	12oz, \$6	Pulled Pork	\$12.99/lb
Sweet Potatoes (M)	\$6.99/lb	Teriyaki Salmon	\$21.99/lb
Twice Baked Potatoes	Approx:1 potato, \$4; 2 potatoes, \$11	Turkey Kabobs	\$15.99/lb
		Vegetable Egg Rolls	\$8.99/lb
		Veggie Burgers	\$10.99/lb

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<b>GRILLED CHICKEN BREASTS (with toppings)</b>	<b>COOKED CHICKEN</b>
Bacon and Swiss \$12.99/lb	Breaded Chicken Fingers \$12.99/lb
BBQ, Bacon, and Cheddar \$12.99/lb	Grilled Chicken Breasts \$12.99/lb
Sun-dried Tomato, Spinach, and Feta Cheese \$12.99/lb	Breaded Chicken Cutlets \$12.99/lb
Teriyaki Pineapple \$12.99/lb	
Southwestern Chicken with Cilantro \$12.99/lb	
Caprese with Mozzarella and Tomato \$12.99/lb	<b>STUFFED CHICKEN BREASTS</b>
	Spinach, Feta, Sun-dried Tomato \$11.99/lb
	Asparagus and Cheddar \$11.99/lb
<b>BONELESS "WING DINGS" (chicken nuggets)</b>	Cordon Bleu \$11.99/lb
Mild Boneless "Wing Dings" \$11.99/lb	Ham and Cheese \$11.99/lb
Spicy Boneless "Wing Dings" \$11.99/lb	Bacon and Cheddar \$11.99/lb
<b>MISC</b>	Broccoli and Cheddar \$11.99/lb
Grilled Kielbasa \$9.99/lb	
Pig Wings (Pork Ribs w/BBQ Sauce) \$13.99/lb	
Italian Style Breaded Pork Cutlets \$12.99/lb	