



# READY MADE MEALS

Powered by Food with Purpose



## LOOKING FOR A HEALTHY & CONVENIENT MEAL OPTION?

Try our pre-cooked meals made with high quality ingredients. Each meal serves two and can be reheated in under 8 minutes, delivering a balanced and satisfying meal for just \$14.

**AVAILABLE AFTER 11 A.M. IN THE C-STORE**

### On The Menu

#### JANUARY 6<sup>TH</sup>- JANUARY 10<sup>TH</sup>

##### **BAJA GRILLED SHRIMP**

baja grilled shrimp, black beans, corn,  
& steamed rice  
(335 CAL)

##### **BBQ TOFU PLATE**

bbq tofu with mashed sweet potatoes  
& collard greens  
(365 CAL)

#### JANUARY 20<sup>TH</sup>- JANUARY 24<sup>TH</sup>

##### **SALMON QUINOA GARBANZO YOGURT BOWL**

grilled salmon, quinoa, marinated garbanzo beans  
topped with sriracha yogurt sauce served with carrots,  
cucumber, tomato & lemon vinaigrette  
(610 CAL)

##### **SPICED GARBANZO WITH SWEET POTATO & BRUSSELS**

indian spiced garbanzo beans with eggplant served  
with roasted sweet potatoes & balsamic brussels  
sprouts  
(40 CAL)

#### JANUARY 13<sup>TH</sup>- JANUARY 17<sup>TH</sup>

##### **BRAISED BEEF WITH MUSHROOMS & TORTELLINI**

tender beef, cheese tortellini, tomato ragout,  
& parmesan cheese  
(405 CAL)

##### **MUSHROOM BARLEY STEW**

house made vegetable stock cooked with crimini  
mushrooms, spinach, barley, white beans, & sundried  
tomatoes  
(320 CAL)

#### JANUARY 27<sup>TH</sup>- JANUARY 31<sup>ST</sup>

##### **BBQ ROTISSERIE CHICKEN**

rotisserie chicken marinated with bbq sauce, served with  
roasted sweet potatoes and parmesan green beans  
(690 CAL)

##### **CHANA MASALA**

chana masala served with green peas and  
steamed basmati rice  
(530 CAL)

**SAVE TIME | SAVE MONEY | EAT BETTER | HAVE FUN**