



# READY MADE MEALS

Powered by Food with Purpose



## How to order

1. Place order on Eatify App or Scan QR Code
2. Pick up any time after 11am in your C-store.
3. Follow heating or cooking instructions and enjoy!
4. Chef prepared heat and serve meals for less than \$30 for four people.



## On The Menu

### OCTOBER 30<sup>TH</sup>- NOVEMBER 3<sup>RD</sup>

**CHICKEN WITH WILD RICE & MUSHROOMS**  
(400 CAL)

**PLANTIFUL BOWL WITH BOK CHOY**  
(47 CAL)

**Soup Quarts**  
**TOMATO GARDEN VEGETABLE SOUP**  
(90 CAL)  
**CHICKEN TORTILLA SOUP**  
(180 CAL)

### NOVEMBER 6<sup>TH</sup>-OCTOBER 10<sup>TH</sup>

**CHICKEN BARLEY STEW**  
(130 CAL)

**GOCHUJANG TOFU BOWL**  
(520 CAL)

**Soup Quarts**  
**TOMATO GARDEN VEGETABLE SOUP**  
(90 CAL)  
**CHICKEN TORTILLA SOUP**  
(180 CAL)

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

**GRILLED SOY SALMON WITH RICE & VEGETABLES**  
(370 CAL)

**MOROCCAN VEGETABLE TEMPEH TAGINE**  
(480 CAL)

**Soup Quarts**  
**TOMATO GARDEN VEGETABLE SOUP**  
(90 CAL)  
**CHICKEN TORTILLA SOUP**  
(180 CAL)

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

**MALAI CHICKEN COMBO**  
(510 CAL)  
**CAULIFLOWER SWEET POTATO & BROCCOLI**  
(240 cal)

**Soup Quarts**  
**TOMATO GARDEN VEGETABLE SOUP**  
(90 CAL)  
**CHICKEN TORTILLA SOUP**  
(180 CAL)

### NOVEMBER 27<sup>TH</sup> - DECEMBER 1<sup>ST</sup>

**GRILLED SALMON WITH QUINOA & BRUSSELS SPROUTS**  
(420 CAL)  
**CHANA MASALA WITH PEAS & RICE**  
(590 CAL)

**Soup Quarts**  
**TOMATO GARDEN VEGETABLE SOUP**  
(90 CAL)  
**CHICKEN TORTILLA SOUP**  
(180 CAL)

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