



# READY MADE MEALS

Powered by Food with Purpose



## How to order:

Pickup anytime after 11am in your C-store. No pre-order required.  
Follow heating or cooking instructions and enjoy!

## On the Menu

### APRIL 6TH - APRIL 10TH

#### **BRAISED BEEF TIPS WITH MUSHROOMS & GARLIC MASHED POTATOES**

slow cooked beef and mushroom stew  
served with garlic mashed potatoes  
[358 calories]

#### **SPICED GARBANZO & EGGPLANT WITH ROASTED SWEET POTATOES & BALSAMIC BRUSSELS SPROUTS**

indian spiced garbanzo beans with  
eggplant served with roasted sweet  
potatoes and balsamic brussels sprouts  
[429 calories]

### APRIL 13TH - APRIL 17TH

#### **LEMON PEPPER SALMON WITH QUINOA & TURMERIC BRUSSELS SPROUTS**

lemon pepper grilled salmon  
served over quinoa and turmeric spiced  
brussels sprouts  
[485 calories]

#### **TUSCAN WHITE BEAN STEW**

creamy white beans with toasted bread  
and tomatoes  
[315 calories]

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### APRIL 20TH - APRIL 24TH

#### **SOY MARINATED CHICKEN THIGHS WITH BROWN RICE & VEGETABLES**

soy sauce marinated chicken thighs served  
with steamed brown rice and sauteed  
carrots, bell peppers and squash  
[481 calories]

#### **GRILLED VEGETABLES & TOMATO BASIL RIGATONI**

grilled peppers, onions and mushrooms  
over tomato basil rigatoni  
[321 calories]

### APRIL 27TH - APRIL 30TH

#### **BBQ CHICKEN, SWEET POTATOES, AND PARMESAN GREEN BEANS**

rotisserie chicken, marinated with bbq  
sauce, garlic, worcestershire, honey, and  
tabasco with roasted sweet potato and  
parmesan green beans  
[631 calories]

#### **CHANA MASALA, GREEN PEAS & BASMATI RICE**

chana masala served with green peas and  
steamed basmati rice  
[594 calories]

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