



# READY MADE MEALS

Powered by Food with Purpose



## How to order

1. Pick up any time after 11am in your C-store.
2. Follow heating or cooking instructions and enjoy!

## On The Menu

### FEBRUARY 2<sup>nd</sup> - FEBRUARY 6<sup>th</sup>

#### THAI CHICKEN PEANUT SLAW

marinated thai chicken served  
with steamed brown rice and  
sweet and sour coleslaw with peanuts  
(527 CAL)

#### GOCHUJANG TOFU BOWL

gochuchang tofu with fresh spinach, cucumber, carrots,  
daikon, zucchini, and shiitake mushrooms over brown rice  
with a bibimbap chili sauce  
(515 CAL)

### FEBRUARY 9<sup>th</sup> - FEBRUARY 13<sup>th</sup>

#### HONEY BBQ SALMON PLATE

honey glazed salmon served with steamed  
broccoli  
and brown rice  
(500 CAL)

#### CAULIFLOWER, SWEET POTATO, & BROCCOLI

pan roasted cauliflower steak served with whipped  
sweet potatoes, steamed broccoli and carrots  
(245 CAL)

### FEBRUARY 16<sup>th</sup> - FEBRUARY 20<sup>th</sup>

#### TURKEY MEATBALL COMBO

turkey meatballs in a tomato basil sauce  
With whole wheat penne pasta and a house made  
Parmesan arugula salad  
(465 CAL)

#### BLACK BEAN SPINACH ENCHILADA VERDE

black beans and fresh spinach with pepper jack cheese  
wrapped in corn tortillas and tomatillo sauce  
(300 CAL)

### FEBRUARY 23<sup>rd</sup> - FEBRUARY 27<sup>th</sup>

#### VEGETABLE RIGATONI WITH MUSHROOMS

grilled vegetables and tomato basil rigatoni  
with mushrooms  
(321 CAL)

#### TILAPIA WITH TOMATOES AND WILD RICE

oven roasted tilapia with cherry tomatoes and  
wild rice medley  
(368 CAL)

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