



READY MADE MEALS

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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 2nd - FEBRUARY 6th

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 9th - FEBRUARY 13th

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 16th - FEBRUARY 20th

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 23rd - FEBRUARY 27th

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