



# 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

**MAY 4<sup>TH</sup> - MAY 8<sup>TH</sup>**

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

tender beef, mushrooms, cheese tortellini,  
tomato ragout, and parmesan cheese  
[403 calories]

### **MUSHROOM AND BARLEY STEW WITH PARMESAN CHEESE**

house made vegetable stock cooked with  
crimini mushrooms, spinach, barley, white  
beans, and sundried tomatoes garnished  
with parmesan cheese  
[319 calories]

**MAY 11<sup>TH</sup> - MAY 15<sup>TH</sup>**

### **SALMON, QUINOA, GARBANZO BEAN BOWL WITH SRIRACHA YOGURT SAUCE**

grilled salmon, quinoa and marinated  
garbanzo beans topped with sriracha  
yogurt sauce served with carrots,  
cucumber, tomato and lemon vinaigrette  
[633 calories]

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

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

**MAY 18<sup>TH</sup> - MAY 22<sup>ND</sup>**

### **BAJA GRILLED SHRIMP WITH BLACK BEANS, CORN & RICE**

baja grilled shrimp, black beans, corn, and  
steamed white rice  
[382 calories]

### **BBQ TOFU WITH MASHED SWEET POTATOES & COLLARD GREENS**

BBQ tofu with mashed sweet potatoes  
and collard greens  
[366 calories]

**MAY 25<sup>TH</sup> - MAY 29<sup>TH</sup>**

### **THAI CHICKEN WITH BROWN RICE, SWEET & SOUR SLAW WITH PEANUTS**

marinated thai chicken served with  
steamed brown rice and sweet and sour  
coleslaw with peanuts  
[527 calories]

### **GOCHUJANG TOFU AND VEGETABLE BROWN RICE BOWL**

gochuchang tofu with fresh spinach,  
cucumber, carrots, daikon, zucchini, and  
shiitake mushrooms over brown rice with a  
bibimbap chili sauce  
[515 calories]

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