



READY MADE MEALS

Powered by Food with Purpose



Available at Optum & 9800 locations.

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

On the Menu:

OCT 5 - OCT 9

GRILLED VEGETABLES & TOMATO BASIL RIGATONI

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

TILAPIA WITH ROASTED CHERRY TOMATOES & WILD RICE

oven roasted tilapia with cherry tomatoes and wild rice medley
[367 calories]

OCT 12 - OCT 16

LEMON HERB CHICKEN & WILD RICE

lemon herb chicken served with wild rice, roasted mushrooms, and tomatoes
[402 calories]

PANEER SAAGWALA WITH BASMATI RICE

paneer with spinach, basmati rice, crispy onions and makhni sauce
[731 calories]

OCT 19 - OCT 23

CRANBERRY GINGER GRILLED TILAPIA WITH CUMIN POTATOES

grilled tilapia topped with cranberry ginger sauce, served with cumin roasted potatoes and garlic broccoli and cauliflower [447 calories]

PASTA PRIMAVERA WITH LEMON-GARLIC SAUCE

penne pasta tossed in a housemade lemon garlic sauce with peas, edamame, corn, yellow squash, zucchini squash, and carrots [332 calories]

OCT 26 - OCT 30

GRILLED HERB CHICKEN AND WILD RICE PILAF

herb grilled chicken with wild rice pilaf and roasted green beans [395 calories]

BBQ TOFU WITH MASHED SWEET POTATOES & COLLARD GREENS

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

SAVE TIME | SAVE MONEY | EAT BETTER | HAVE FUN