





Menu Selection for Week of Dec 7th to Dec 13th

Choose the meals and portions you'd like. Order deadline is 2 days before delivery date.





For delivery on Monday Dec 7th:

	Lasagna made with fresh pasta, layered in a hearty meat sauce	___ x Small ___ x Large ___ x Medium ___ x Couple
	Chicken Alfredo with a light alfredo sauce, served with steamed broccoli	___ x Small ___ x Large ___ x Medium ___ x Couple


For delivery on Wednesday Dec 9th:

	Hearty Beef Stew with baby potatoes and carrots	___ x Small ___ x Large ___ x Medium ___ x Couple
	Lemon chicken served with roast potatoes and corn niblets	___ x Small ___ x Large ___ x Medium ___ x Couple

For delivery on Friday Dec 11th:

	Fish and Chips. Lightly battered Cod, oven baked with a side of tartar sauce and coleslaw and home fries	___ x Small ___ x Large ___ x Medium ___ x Couple
	Tender Beef stir fry with wholegrain rice	___ x Small ___ x Large ___ x Medium ___ x Couple
	Roasted chicken with gravy mashed potatoes and peas	___ x Small ___ x Large ___ x Medium ___ x Couple
	Available add-on: Extra-Chocolatey Mousse	___ x Portions

Small is \$13, Medium is \$15, Large is \$18, Couple is \$25, Dessert is \$5 per portion. 13% HST will be added.

 VILLAGE JUICERY	HealthyNow is now proudly partnered with Village Juicery and offer their wonderful products to our customers as add-ons to their orders! Check our selections at www. HealthyNow.ca/villagejuicery	Monday: Wednesday: Friday:
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Name(s): _____

Address: _____

Phone Number: _____ Email address: _____

Payment option: ___ eTransfer ___ Credit Card ___ Cash

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 Check out at www.HealthyNow.ca, or on Facebook at www.facebook.com/healthynow40/