







Family Meals for Week of July 6th to July 12th

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





Available Monday July 6th:

	Chicken breast stuffed with Spinach, Mushroom and Caramelized Onion, served with roasted potato and green peas	___ x Standard ___ x Large ___ x Kids
	Tender Beef stir fry with wholegrain rice	___ x Standard ___ x Large ___ x Kids

Available Wednesday July 8th:

	Lemon chicken served with roast potatoes and corn niblets	___ x Standard ___ x Large ___ x Kids
	Summer Beef Casserole. Braised beef slow cooked with fresh summer veggies.	___ x Standard ___ x Large ___ x Kids

Available Friday July 10th:

	Fish and Chips. Lightly battered Cod, oven baked with a side of tartar sauce and coleslaw and home fries	___ x Standard ___ x Large ___ x Kids
	Meatloaf with mushroom gravy, mashed sweet potato and glazed carrots	___ x Standard ___ x Large ___ x Kids
	Roasted chicken with gravy, mashed potatoes and peas	___ x Standard ___ x Large ___ x Kids
	Available add-on: Chocolate Brownie	___ x Portions

Each Standard portion is \$15, Large portion is \$18, Kids portion is \$10, Desert portion is \$5, plus 13% HST.

Christine Hickson of HealthyNow is at 647-210-0047, or Info@HealthyNow.ca
 Check out at www.HealthyNow.ca, or on Facebook at www.facebook.com/healthynow40/