





Healthy Now

MEAL PREP • JUICES • CATERING



Healthy Classics Selections for Week of May 17th to May 23th

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





For delivery on Monday May 17th:

	Tender Beef stir fry with wholegrain rice	__ x Small __ x Medium	__ x Large __ x Couple
	Chicken Alfredo with a light alfredo sauce, served with steamed broccoli	__ x Small __ x Medium	__ x Large __ x Couple

For delivery on Wednesday May 19th:

	Lasagna made with fresh pasta, layered in a hearty meat sauce	__ x Small __ x Medium	__ x Large __ x Couple
	Superfood Salad with Spinach, Sweet Potato, Blueberries, Raspberries and roast Chicken Breast	__ x Small __ x Medium	__ x Large __ x Couple

For delivery on Friday May 21st:

	Pulled Pork on a multi-grain bun, with coleslaw and sweet potato fries on the side	__ x Small __ x Medium	__ x Large __ x Couple
	Meatloaf with mushroom gravy, mashed sweet potato and glazed carrots	__ x Small __ x Medium	__ x Large __ x Couple
	Chicken Cordon Bleu, served with a mix of grilled vegetables	__ x Small __ x Medium	__ x Large __ x Couple
	Available add-on: Rice Pudding	__ x Portions	

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

Name(s): _____

Address: _____

Phone Number: _____ Email address: _____

Payment option: __ eTransfer __ Credit Card __ Cash

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