







Healthy Classics Selections for April 13th - April 19th

Choose the meals you'd like, in the portions you'd like. For Family Portions, minimum 2 portions.




For delivery on Monday April 13th:

	Maple glazed ham with scalloped potatoes and corn nibletts	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large
	Lasagna made with fresh pasta, layered in a hearty meat sauce	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large

For delivery on Wednesday April 15th:

	Hearty Beef Stew with baby potatoes and carrots	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large
	Chicken Cacciatore, an Italian classic with fall off the bone chicken in a rustic tomato sauce, served on bed of egg noodles	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large

For delivery on Friday April 17th:

	Fish and Chips. Lightly battered Cod, oven backed with a side of tartar sauce and coleslaw and home fries	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large
	Shepherd's Pie, with a rich and flavourful blend of beef, carrots, peas and gravy, topped with whipped mashed potatoes	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large
	Roasted chicken with gravy mashed potatoes and peas	Individual Portions ___ x Standard ___ x Large	Family Portions ___ x Kid ___ x Standard ___ x Large

YRP & Soutlake workers over 10% off! Standard - \$13, Large - \$16, Kid - \$9, per portion + HST

Name: _____

Delivery: YRP Headquarters: _____, or YRP District 1: _____, Southlake: _____, or Pickup in Newmarket: _____

Contact Phone: _____ Email address: _____

Payment option: eTransfer to Christine@HealthyNow.ca _____, or Credit Card _____, or Cash _____

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