

Weekly Menu

MONDAY:

- SIMPLE GREEN SALAD
- OUR FAMOUS MEATLOAF WITH A TOMATO GLAZE
- SILKY SMOOTH MASHED POTATOES
- GREEN BEANS WITH ROASTED BUTTER

TUESDAY:

- GARLICKY CAESAR SALAD
- LEMON SKILLET CHICKEN BREAST
- PENNE TOMATO SAUCE
- ROASTED BROCCOLI

WEDNESDAY:

- MEXICAN SALAD
- BIRRIA STYLE BEEF TACOS
- DIRTY RICE
- CORN NIBBLETS

THURSDAY:

- SALAD WITH AVOCADO, APPLE AND CRAN
- SWEET ONION CHICKEN
- HERBED POTATO WEDGES
- HONEY GLAZED CARROTS

FRIDAY:

- BRUSSEL SPROUT SALAD
- BROILED SALMON FILET WITH LEMON SLICES
- SILKY SMOOTH MASHED POTATOES
- ROASTED SALT AND PEPPER CAULIFLOWER

****AVAILABLE (NOVEMBER 25TH-29TH)****

5 MEAL ORDER MINIMUM (CAN BE USED OVER MULTIPLE WEEKS)



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Daily Delivery (Westmount/Hampstead)

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Pricing: 2 people \$50/person per day - 4 people \$35/person per day