



## Meal Plan Menu (Cycle #1)

### Meals Available for Pick-Up #1

Select any of the following meals for pickup on Monday after 3pm.

Lunch Options 1 "Gluten-Free, Vegan, Dairy Free"	Lunch Options 2	Dinner Options 1* "Gluten-Free, Vegan, Dairy Free"	Dinner Options 2
Collar Green Brown Rice Burritos & Tomato Vegetable Soup (G) (VE) (C) \$8.99	Salmon Salad on a Croissant w/ Quinoa Pepper Salad \$7.99	Black Bean & Sweet Potatoes Pie (G) (VE) (C) \$8.99	Soy Marinated Shirt Steak w/ Rice Noodle Sautee \$9.99
Carrot & Chickpea Salad over Spinach Salad (G) (VE) (C) 5.99	Greek Veggie Wrap & Minestrone Soup \$7.99	Carrot Pasta w/ Walnuts & Kale (G) (VE) (C) \$9.99	Fettuccine Alfredo (V) \$8.99
Vegetable Rice Paper Rolls w/ Garden Salad \$8.99	Lemon Chicken & Herb Wrap w/ Cream of Mushroom Soup \$8.50	Zucchini Lasagna (G) (VE) (C) \$9.99	Roasted Salmon & Sweet Potato Latkes & Vegetables (G) \$11.99

### Meals Available for Pick-Up #2

Select any of the following meals for pickup on Wednesday after 3pm.

Lunch Options 1 "Gluten-Free, Vegan, Dairy Free"	Lunch Options 2	Dinner Options 1* "Gluten-Free, Vegan, Dairy Free"	Dinner Options 2
Mediterranean Veggie Lettuce Cups & Cauliflower Crust Calzone (G) (VE) (C) \$10.25	Chicken BLT Wrap w/ Roasted Beet, walnut & Goat Cheese Salad \$8.99	Vegetarian Chili over Brown Rice \$8.99 (G) (VE) (C)	Chicken w/ Roasted Red Peppers & Goat Cheese w/ Potato Pavé & Veg (G) \$10.99
Borscht Soup Eggplant Quinoa Bites w/ Tomato Marinara Dipping Sauce (G) (VE) (C) \$8.25	Egg Salad Sandwich on a Croissant w/ Lemon-Herb Potato Salad \$8.99	Zucchini Fritters w/ Raw Tomato & Hemp Salsa (G) (VE) (C) \$8.99	Beef Stroganoff \$9.99

**\*Add Grilled Chicken Breast (Natural 5oz) \$3.99, Roasted Wild Salmon (6oz) \$4.99, or Shrimp (6) \$4.99 to any Dish.**

(C) Cleanse friendly, (G) Gluten free (VE) Vegan (V) Vegetarian

640 Chilver Rd

Call 519-254-3434 or email [info@ThymeToGo.ca](mailto:info@ThymeToGo.ca)

Store Hours: Mon-Fri 9am to 6pm

Saturday 10am to 3pm