



Meal Plan Menu (Cycle #2)

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 |
|--|--|--|---|
| Quinoa Cucumber Cups w/ Sweet Potato & Walnut Salad (G) (VE) (C) \$6.99 | Turkey Pesto Wraps w/ Cream of Tomato Soup \$8.99 | Cashew Fried Rice & Mixed Vegetables (G) (VE) (C) \$8.99 | Beef Enchiladas \$9.99 |
| Quinoa & Pepper Salad & Carrot Ginger Soup (G) (VE) (C)\$6.99 | Roasted Mushroom Goat Cheese & Kale Wrap w/ Asian Quinoa Salad (V) \$8.99 | Quinoa Balsamic Stuffed Mushrooms & Kale \$8.99 (G) (VE) (C) | Coffee Crust Beef Tenderloin w/ Potato Pavé & Vegetables \$11.99 (G) |
| Quinoa Crusted Zucchini Burger w/ Marinated Vegetables (G) (VE) (C)\$7.99 | Lemon Chicken-Herb Wrap w/ Potato Leek Soup \$8.99 | Stuffed Zucchini \$8.99 (G) (VE) (C) | Three Cheese Ravioli w/ Roasted Beets & Goat Cheese & Walnuts (V) \$9.99 |

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 |
|--|---|--|--|
| Mixed Vegetable Zucchini Rolls & Roasted Sweet Potato & Mushroom Lentil Salad (G) (VE) (C) \$8.99 | Balsamic Marinated Chicken & Pepper Wrap w/ Lemon Chicken Rice Soup \$8.99 | Teriyaki Tofu w/ Coconut Brown rice, Sweet & Spicy Vegetables (G) (VE) (C) \$9.99 | Mac & Cheese \$7.99 (V) |
| Tomato, White Bean & Tomato Soup w/ Kale Vegetable Tacos (C) (G) (VE) \$8.99 | Black Bean Puree w/ Veggie Wrap & Minestrone Soup \$7.99 | Spaghetti Squash Casserole \$8.99 (C) (G) (VE) | Seared Salmon w/ Roasted Potatoes & Broccoli (G) \$10.99 |

***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

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Store Hours: Mon-Fri 9am to 6pm
Saturday 10am to 3pm