



## Meal Plan Menu (Cycle #3)

For information on how our meal plans work, please [click here](#).

### 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
Edamame Hummus w/ Veggies (G) (VE) (C) Tomato & White Bean Stew \$8.99	Chicken Cranberry & Dijon Wrap w/ Cream of Cauliflower Soup \$8.50	Quinoa Cabbage Rolls \$9.99 (G) (VE) (C)	Three Cheese Ravioli w/ Butternut Squash Sauce (V) \$8.99
Roasted Beet Salad w/ Walnuts & Tofu Lettuce Cups (G) (VE) (C) \$8.25	Roasted Vegetable, Basil-Cheese Cheese Wrap & & Goat Cheese \$8.25 (V)	Thai Lemon Grass Noodles (C) (G) (VE) \$8.99	White Wine Braised Chicken Crepes Topped w/ Asparagus \$10.99)
Raw Kale Tacos & Carrot & Chickpea Salad (C) (G) (VE) \$9.99	Thai chicken salad over Lettuce \$8.99	Vegetable & Almond Stir Fry over Brown Rice \$8.99	Sesame Seed Crusted White Fish w/ Rice Noodles \$10.99 (G)

### 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
Raw Pizza (G) (VE) (C) \$8.99	Chicken BLT Wrap w/ Veggie Spinach Leaf Salad \$11.50	Quinoa Curry Cakes over Veggie Slaw \$8.99 (G) (VE) (C)	Stuffed Chicken Breast w/ Cauliflower Puree & Roasted Brussel Sprouts \$10.99 (G)
Quinoa & Vegetable Indian Soup & Black Bean & Kale Salad (C) (G) (VE) \$6.99	Roast Beef & Grilled Cheese w/ Creamy Roasted Red Pepper Soup \$8.99	Eggplant "Parmesan" (G) (VE) (C) \$9.99	Parisienne Gnocchi w/ Tomato & Zucchini (V) \$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