



Meal Plan Menu (Cycle #4)

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
Hummus & Veggies w/ Sweet Potato Curry Soup (G) (VE) (C) \$7.99	Lemon-Parmesan Chicken Wrap w/ Cream of Broccoli Soup \$8.99	Vegetable Pad-Thai w/ Brown Rice Noodles \$8.99 (G) (VE) (C)	Butternut Squash Gnocchi (V) \$9.99
Vegetable Quinoa Salad w/ Fruit Salad (G) (VE) (C) \$7.99	Hummus Veggie Wrap w/ Asian Rice Noodle Salad \$8.25 (V)	Zucchini "Stroganoff" (G) (VE) (C) \$8.99	Chipotle Meatballs over Quinoa (G) \$9.99 (G)
Chickpea & Carrot Lettuce Cups & Roasted Cauliflower, Quinoa & Sunflower Seeds Salad (G) (VE) (C) \$8.99	Assorted Deli Sub w/ Coleslaw \$8.99	Thai Eggplant Curry over Quinoa (G) (VE) (C) \$9.99	Cheddar Perogies (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
Black Bean, and Mango Salad & Tomato Vegetable Soup (G) (VE) (C) \$8.99	Greek Chicken Wrap & Minestrone Soup \$7.99	Zucchini "Spaghetti" & Beet Balls \$8.99 (G) (VE) (C)	French Onion Meatloaf w/ Mashed Potatoes & Veggies
Spicy Lentil Lettuce Tacos (G) (VE) (C) Fruit Salad (C) (G) (VE)	Vegetable Rice Paper Rolls w/ sweet Chili sauce & Orzo Pesto Pasta Salad \$7.99	Vegan Jambalaya (G) (VE) (C) \$9.99	Shrimp Stir Fry over Rice (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

640 Chilver Rd
Call 519-254-3434 or email info@ThymeToGo.ca
Store Hours: Mon-Fri 9am to 6pm
Saturday 10am to 3pm