

Four Days of Food

Breakfast meals do not need to be eaten in any given order unless otherwise marked

- ⬡ open faced breakfast sandwiches with sliced soft-boiled eggs, avocado, and smoked trout
- ⬡ polenta breakfast porridge kit with raisins, brown sugar, and toasted nuts
- ⬡ roasted pepper and Spanish sausage quiche can be eaten hot or cold
- ⬡ granola, made every-other visit

Lunch sandwich and soup or salad mixer, can be packaged individually to be taken to work

- ⬡ 4 spicy Italian on focaccia sandwiches and 4 curried chicken salad sandwiches on wheat buns
- ⬡ Italian sweet pepper and potato soup and roasted cauliflower soup (2 days worth of each)
- ⬡ arugula salad with fresh mozzarella and toasted pine nuts with berry champagne vinaigrette (2 days)
- ⬡ baby romaine salad with shredded carrot, tomato and cucumber with lemon pepper dressing

Dinner dinners marked with an asterisk * should be eaten on day one or two for optimal freshness

- ⬡ chicken piccata with roasted vegetables
- ⬡ Thai steak salad with a side of rice
- ⬡ * potato and langoustine gratin with roasted fennel and simple salad
- ⬡ baby romaine salad with shredded carrot, tomato and cucumber with lemon pepper dressing

Snacks two snack options, can be packaged individually to be taken to work

- ⬡ green smoothie kits that include mango, spinach, lime and coconut complete with freezer kits, fresh kits, and coconut water for smoothie base
- ⬡ farmer's market vegetable plates with choice of creamy home-made hummus or smoked trout dip

Dessert one sharable desert per week

- ⬡ lemon loaf with fresh berries and white chocolate whipped cream

Four Days of Food

three meals for each day plus snacks and dessert, in no particular order unless otherwise noted

Breakfast

Breakfast Sandwiches

open-faced with sliced soft-boiled eggs, avocado, and smoked trout

Polenta Porridge

with raisins, brown sugar, and toasted nuts

Quiche

roasted pepper and Spanish sausage can be eaten hot or cold

Granola

made every-other visit

Lunch

sandwich and soup or salad mixer, can be packaged individually to be taken to work

4 spicy Italian on focaccia sandwiches and 4
curried chicken salad sandwiches on wheat buns

Italian sweet pepper and potato soup and roasted
cauliflower soup (2 days worth of each)

arugula salad with fresh mozzarella and toasted
pine nuts with berry champagne vinaigrette (2 days)

baby romaine salad with shredded carrot, tomato
and cucumber with lemon pepper dressing

Dinner

dinners marked with an asterisk * should be eaten on day one or two for optimal freshness

chicken piccata with roasted vegetables

Thai steak salad with a side of rice

* potato and langoustine gratin with roasted fennel
and simple salad

baby romaine salad with shredded carrot, tomato
and cucumber with lemon pepper dressing

Snacks

two snack options, can be packaged individually to be taken to work

green smoothie kits that include mango, spinach,
lime and coconut complete with freezer kits, fresh
kits, and coconut water for smoothie base

farmer's market vegetable plates with choice of
creamy home-made hummus or smoked trout
dip

Dessert

one sharable desert per week

lemon loaf with fresh berries and white chocolate
whipped cream

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three meals for each day plus snacks and a dessert, in no particular order unless otherwise noted

Breakfast

Breakfast Sandwiches

open-faced with sliced soft-boiled eggs, avocado and smoked trout

Polenta Porridge

with raisins, brown sugar and toasted nuts

Quiche

roasted pepper and Spanish sausage, can be eaten hot or cold

Granola

made every-other visit

Lunch

sandwich, soup and salad mixer, can be packaged individually for lunch on the go

Sandwiches

spicy Italian on focaccia and curried chicken salad on a wheat bun (four of each)

Soups

Italian sweet pepper and potato soup and roasted cauliflower soup (two days for each)

Arugula Salad

with fresh mozzarella and toasted pine nuts with berry champagne vinaigrette (two days)

Baby Romaine Salad

with shredded carrot, tomato and cucumber with lemon pepper dressing (two days)

Dinner

*dinners marked with an asterisk * should be eaten on day one or two for optimal freshness*

Thai Steak Salad

served with a side of steamed rice

Chicken Piccata

lightly breaded, served with roasted farmers market vegetables

Potato and Langoustine Gratin *

with fresh roasted fennel and simple salad

Udon

Japanese style chicken noodle soup with Sunomono (seaweed and cucumber salad)

Snacks

two snack options, can be packaged individually to be taken to work

Green Smoothies

smoothie kits include mango, spinach, lime and coconut, complete with freezer kits, fresh kits, and coconut water for smoothie base

Vegetable Plates

fresh from the farmers market with choice of creamy home-made hummus or smoked trout dip

Dessert

one sharable dessert per week

Lemon Loaf

with fresh berries and white chocolate whipped cream

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open-faced with sliced soft-boiled eggs, avocado and smoked trout

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Granola

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Soups

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Arugula Salad

with fresh mozzarella and toasted pine nuts with berry champagne vinaigrette (two days)

Baby Romaine Salad

with shredded carrot, tomato and cucumber with lemon pepper dressing (two days)

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Vegetable Plates

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Dessert

one sharable dessert per week

Lemon Loaf

with fresh berries and white chocolate whipped cream

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