



MEAL PREP MENU

MINIMUM ORDER: \$100

Delivery in Town: \$7; Delivery to Outskirts – Email us for a quote (\$12-\$20)

Our Cooler Bags for Drop-Off—Can be swapped weekly: \$6.50 each.

FROZEN SOUPS

\$12.50/Litre—Available any time (made from scratch with homemade stock)

- Bone Broth Soups: Chicken Corn Chowder, Chicken Noodle, Beef Barley
- Vegan Stock- Italian Roasted Vegetable Noodle Tomato Chick Pea, Carrot Ginger Coconut
- Vegetarian -Potato Leek, Butternut Squash

FROZEN ENTRÉES

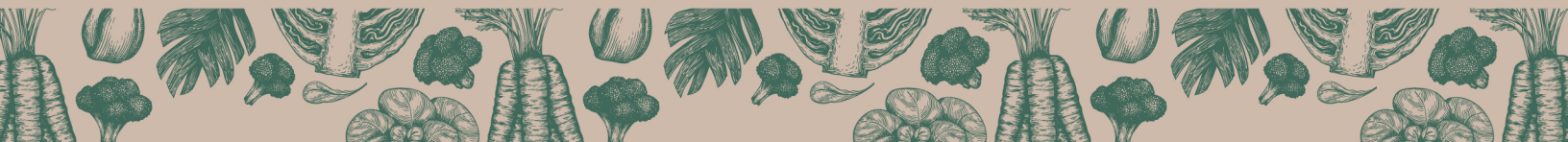
\$13.50/Person—Available any time (made from local Devick Ranch Meats & Local Produce when available; NuLeaf/Farmers Market/Grocery People/Sysco)

NOTE: we do not include side veg in frozen entrées because it doesn't freeze well. Fresh Side Veg and Raw Veggie Trays can be purchased on the weekly FRESH SHEET below.

- Lasagna Bolognese (Vegetable Fortified Meat Sauce, Ricotta Spinach Herb Filling)
- Butternut Squash Lasagna (Ricotta Spinach Herb Filling with cubes of Roasted Squash)
- Shepherd's Pie (Beef, Roasted Corn, Mashed Potatoes)
- Turkey Meatloaf with Cherry Thyme Compote, Mashed, Broccoli
- Ribs, Cornbread, Roasted Potatoes
- Pork Chops in light soy ginger marinade served with Apple Onion Compote, Mashed Pots
- Local Devick Ranch Sausage, Sautéed Peppers & Onions, Steamed Herb Butter Potatoes
- Baked Spaghetti with Tender Turkey Meatballs & Veggie Infused Tomato Sauce, Mozza
- Chicken Pot Pie with Onion, Celery, Carrots, Peas, Corn, and Fresh Herbs. Puff Pastry Crust.
- Homemade Macaroni & Cheese with Crumb Topping: Add Brisket \$6, Add Pulled Pork \$4

Ordering First Friday of the Month for Delivery first Wednesday of the month (2-5PM)

Fresh Side Veg of the Week: 4 portions \$13.50	Baked Good and Breakfast & of the Week: \$3.95/\$12.95	Premi Soup of the Week: 1 Litre \$14.00	Fresh Weekly Entrées (include weekly veg. medley): \$15.00 pp	Salad of the Week—Feeds 1 Meal pp or 2 sides: \$15.00
SEASONAL MIXED VEG MEDLEY- (Root Veg, Carrots, Cauliflower, Beans, Peppers, Zucchini) with Honey Dill Butter	HIGH FIBER LOW CARB FLAX BLUEBERRY WALNUT MUFFINS	MULLIGATAWNY SOUP- (Mild slightly sweet Curry Chicken, Coconut Milk, Apples, Veggies)	BAKED PAPRIKA HERB CHICKEN THIGHS- (Agave Glaze), BASMATI RICE PILAF	HARVEST SALAD- greens, kale, Roasted Butternut, Red Onion, Cranberries, Feta, Pumpkin Seeds, Tahini-Soy Dressing
FRESH CUT RAW VEG TRAY-with Goddess Dip (Tahini Ginger) or Ranch Dip (Dairy)	Spinach, Bell Pepper, Mushroom & Green Onion Omelette with 3 Cheese Blend. Hashbrowns		VEGAN BLACK BEAN & SWEET POTATOE & ROASTED CORN ENCHILADAS Spanish Rice	
			SIRLOIN STEAK with Chimichurri and Cumin Lime ROASTED YAM WEDGES	



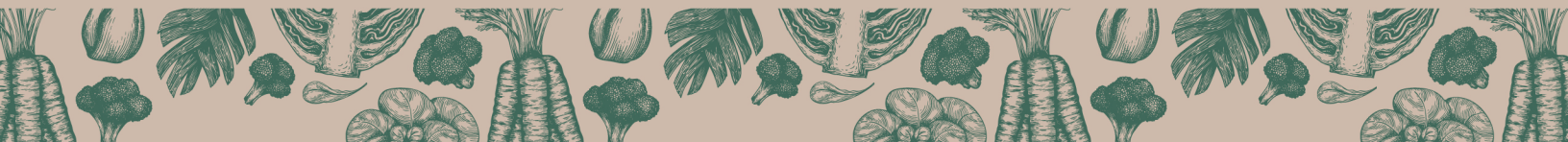
Ordering Second Friday of the Month for Delivery Second Wednesday of the month 2-5PM

Fresh Side Veg of the Week: 4 portions \$13.50	Baked Good of the Week: \$3.95	Premium Fresh Soup of the Week: 1 Litre \$14.00	Fresh Weekly Entrées (include weekly veg. medley): \$15.00 pp	Salad of the Week—Feeds 1 Meal pp or 2 sides: \$15.00
SEASONAL MIXED VEG MEDLEY- (Root Veg, Carrots, Cauliflower, Beans, Peppers, Zucchini) with Honey Dill Butter	ALMOND FLOUR BLUEBERRY MUFFINS	GREEK RED LENTIL WITH FETA	STUFFED GIANT PASTA SHELLS WITH RICOTTA, SPINACH, MUSHROOMS, & SUNDRIED TOMATOES IN A ROSE SAUCE	GREENS, BLUEBERRIES, ALMONDS, BLUEBERRY BALSAMIC DRESSING
FRESH CUT RAW VEG TRAY-with Goddess Dip (Tahini Ginger) or Ranch Dip (Dairy)			Asian Pork Noodle Bowl with Homemade Ginger Teriyaki, Bok Choy, Broccoli, Bell Peppers & Glass Noodles	
			VEGETARIAN OR BEEF CHILI with Cornbread, Cheddar, Chives & Cilantro Cream	



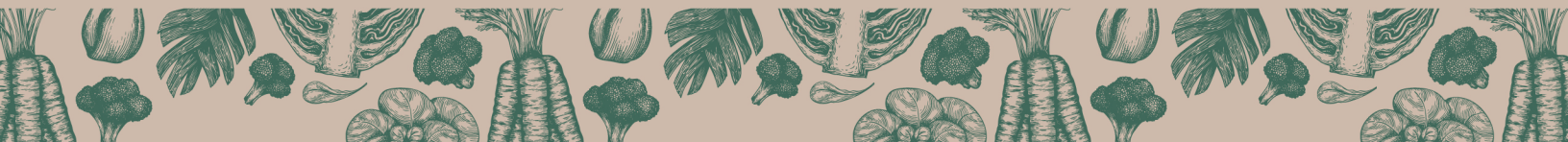
Ordering 3rd Friday of the Month for Delivery 3rd Wednesday of the Month 2-5pm

Fresh Side Veg of the Week: 4 portions \$13.50	Baked Good of the Week: \$3.95	Premium Fresh Soup of the Week: 1 Litre \$14.00	Fresh Weekly Entrées (include weekly veg. medley): \$15.00 pp	Salad of the Week—Feeds 1 Meal pp or 2 sides: \$15.00
SEASONAL MIXED VEG MEDLEY- (Root Veg, Carrots, Cauliflower, Beans, Peppers, Zucchini) with Honey Dill Butter	GF APPLE STREUDEL MUFFINS	THAI COCONUT CHICKEN	TIKKA SHRIMP WITH COCONUT CURRY, BASMATI RICE & PEAS	Kale & Romaine Caesar Salad, House Caesar Dressing, Croutons, Cumin Roasted Chickpeas, Parmesan
FRESH CUT RAW VEG TRAY-with Goddess Dip (Tahini Ginger) or Ranch Dip (Dairy)			TURKEY BREAST ROULADE WITH SPINACH FETA & PINE NUTS, QUINOA PILAF	
			SMOKER SPECIAL: 2 SLIDERS WITH BAKED POTATOE WEDGES Choose from: CUMIN LIME CHICKEN w Fruit Compote & Chipotle Mayo BBQ BRISKET, BBQ PULLED PORK, BBQ PORTOBELLO	



Ordering 4th Friday of the Month for delivery following Wednesday 2-5pm

<p>Fresh Side Veg of the Week: 4 portions \$13.50</p>	<p>Baked Good of the Week: \$3.95</p>	<p>Premium Fresh Soup of the Week: 1 Litre \$14.00</p>	<p>Fresh Weekly Entrées (include weekly veg. medley): \$15.00 pp</p>	<p>Salad of the Week— Feeds 1 Meal pp or 2 sides: \$15.00</p>
<p>SEASONAL MIXED VEG MEDLEY- (Root Veg, Carrots, Cauliflower, Beans, Peppers, Zucchini) with Honey Dill Butter</p>	<p>FLAX ALMOND MUFFINS</p>	<p>BEEF BARLEY</p>	<p>BEEF LASAGNA WITH RICOTTA, SPINACH & MOZZA</p>	<p>HARVEST SALAD- Roasted Butternut Squash, Pecans, Cranberries, Sunflower Sprouts, Feta Lemon Vinaigrette</p>
<p>FRESH CUT RAW VEG TRAY-with Goddess Dip (Tahini Ginger) or Ranch Dip (Dairy)</p>			<p>QUINOA STUFFED PORTOBELLO WITH ASPARAGUS ANE GODDESS SAUCE</p>	
			<p>CHICKEN THIGH CHARMOULLA Paprika, Thyme, Lemon, Cilantro, Cumin ROASTED POTATOES</p>	



ADDITIONAL NOTES

Some fresh sheet items can be made Gluten Free/ allergen friendly. Please inquire \$ 2 upcharge per meal.

The frozen entrees cannot be changed, but fresh versions of some of those items can be specially prepared for you Gluten Free/allergen friendly. Please inquire \$3.50 upcharge per meal. (delivered as a custom-made fresh meal-not frozen)

NEXT MONTHS UPCOMING SPECIALS:

- HARVEST CHICKEN ROULADE WITH CHIMICHURRI & GOAT CHEESE w Roasted Root Veg
- INDIVIDUAL BUMBLEBERRY WALNUT OAT CRUMBLE (Rhubarb, Berries, Apple)
- GREEK RED LENTIL SOUP WITH TOMATO, LEMON AND FETA

STILL HAVE SOME QUESTIONS? CONTACT US BY CALL/TEXT OR EMAIL:

Nourishinggourmet@gmail.com

250-299-9465



nourishinggourmet.ca

