

# Meal Plan

Delivered to your Door, Daily!



Humble, healthy foods made  
by sophisticated hands

## THURSDAY

### Special of the week

Main: Seared Duck breast  
with red wine sauce

Side: Confit Potatoes and Grilled Steakhouse Asparagus

Additional \$5 per person

**Bacon Cheeseburgers** - 5oz ground lean beef, cheddar, bacon, brioche bun

**Chicken Burgers** - 5oz, seasoned ground chicken, brioche bun

**Turkey Burgers** - 5oz, seasoned ground turkey, brioche bun

**Black Bean & Sage Skillet** - Black beans, chick peas, sage, sweet potato, onions, rice, herbs **V**

## Friday

**Szechuan Chicken & Broccoli** - Sauteed chicken, broccoli, szechuan sauce **GF**

**Chicken Chow Mein** - Seared chicken, mixed vegetables, crispy noodles

**Tofu Chow Mein** - Seared tofu, mixed vegetables, crispy noodles **V**

**Grilled Shrimp (6/pp)** - Lemon & garlic marinated shrimp (16/20) **GF**

**GF = Gluten Free**  
**V = Vegetarian**

Week of April 19, 2021

## MONDAY

**Chicken Pad Thai** - Rice noodles, grilled chicken, peppers, chop suey, egg, coriander **GF**

**Tofu Pad Thai** - Rice noodles, Tamari marinated grilled tofu, peppers, chop suey, egg, coriander **GF, V**

**Bacon Mac n Cheese** - Macaroni, whole milk, butter, cheddar, gouda, mozzarella, bacon

**Sumac Crusted White Fish** - White fish, sumac, lemon, coriander **GF**

## TUESDAY

**Beef Sliders (2/pp)** - 2oz Beef burger, caramelized onions, JJ's secret sauce, brioche bun

**Turkey Sliders (2/pp)** - 2oz Turkey burger, caramelized onions, JJ's secret sauce, brioche bun

**Mushroom Sliders (2/pp)** - Grilled Mushrooms, caramelized onions, JJ's secret sauce, brioche bun **V**

**Lemon & Rosemary Salmon** - Alaskan salmon, lemon, rosemary **GF**

## WEDNESDAY

**Thai Red Curry Chicken** - Seared chicken, red curry, coconut milk, coriander **GF**

**Chicken Fajitas** - Tex-Mex chicken, bell peppers, onions, sour cream, flour tortillas **GF\* (except tortillas)**

**Thai Red Curry Tofu** - Seared tofu, red curry, coconut milk, coriander **GF, V**

**Fish Tacos** - Baked white fish, pico de gallo, sour cream, shredded lettuce, flour tortillas **GF\* (except tortillas)**



Chicken Fajitas



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## How to Order:

- 1- Choose your main dish(es)
- 2- Choose your side dish(es)
- 3- Email your order to [info@jjssalades.com](mailto:info@jjssalades.com)  
(remember to indicate the # of people)
- 4- Sit back and wait for your delivery
- 5- Enjoy
- 6- Spread the word!

## Pricing:

**1 or 2 meals (same week)**  
1 main dish + 1 side dish

- 1 person special: \$20/night
- 2 person special: \$35/night - \$17.50 per person
- 3 person special: \$45/night - \$15.00 per person
- 4 person special: \$50/night - \$12.50 per person
- Each additional person +\$12.50/person + tax

## 3 or more meals (same week)

1 main dish + 1 side dish + 1 **FREE** salad

- 1 person special: \$18/night
- 2 person special: \$30/night - \$15.00 per person
- 3 person special: \$40/night - \$13.35 per person
- 4 person special: \$45/night - \$11.25 per person
- Each additional person + \$11.25/person + tax

Delivery included - limited time only

Week of April 19, 2021

## SIDES OF THE WEEK

- Polenta Fries** - Marinara sauce V
- Vegetable Spring Rolls (4/p)** - Sweet chili sauce V
- Vegetable Potstickers (6/p)** - JJ's soy sesame sauce V
- Peanut Butter Dumplings (5/p)** - JJ's PB sauce V
- Rustic Poutine** GF
- Sweet Potato Wedges** V
- Roasted Garlic Potatoes** V
- Mashed Potatoes w/bacon & green onions** GF
- Root Vegetable Mash** GF, V
- Vegetable Stir Fry** - Seasonal vegetables GF, V
- Sauteed Garlic Greens** GF, V
- Grilled Vegetables** GF, V
- Honey Glazed Carrots** GF, V
- Crispy Spinach** V
- Vegetable Fried Rice** - Carrots, peppers, onions, egg GF, V
- Romanian Eggplant Salad** GF, V
- Bean Salad** GF, V
- White Rice** GF, V
- Brown Rice** GF, V
- Cauliflower Rice** GF, V
- Brussel Sprouts w/bacon** GF
- Soup of the week (Mushroom)** V

## À LA CARTE - Add ons

JJ's Famous Tomato sauce 1/2 litre/1litre	GF, V	\$6/\$10
JJ's House made Gravy 1/2 litre/1litre	GF	\$6/\$10
Chicken Brochette (serves 2ppl)	GF	\$18
Chicken Parmesan (serves 2ppl)	GF	\$18
Eggplant Parmesan (serves 2ppl)	GF, V	\$18
Meat Lasagna (serves 2ppl)		\$18
Garden Lasagna (serves 2ppl)	V	\$18
Spinach, Tofu, Ricotta Lasagna (serves 2ppl)	V	\$18
Cheese Tortellini with Rosée Sauce (serves 2ppl)	V	\$15
Beef Chili - 1/2 litre	GF	\$7
Vegetable Chili - 1/2 litre	GF, V	\$7
Beef Shepherds Pie (serves 2ppl)	GF	\$16
Tofu Shepherds Pie (serves 2ppl)	GF, V	\$16
Quiche Spinach & Tomato (serves 4-6ppl)	V	\$13
Quiche Garden (serves 4-6ppl)	V	\$13
Quiche Spinach & Bacon (serves 4-6ppl)		\$13
Pearl Couscous w/grilled vegetables - 1/2 litre	V	\$7
Quinoa Blend w/vegetables - 1/2 litre	GF, V	\$7
Soup - Mushroom 1 litre	V	\$9

## KID KORNER

Mac n Cheese	\$6
Grilled Cheese	\$5
Spaghetti & Tomato Sauce	\$6
Chicken Nuggets (6)	\$7
Everything Bagel Chicken tenders (2)	\$7
Mini Cheeseburger	\$5

JJ's uses only 100% hormone & antibiotic free chicken