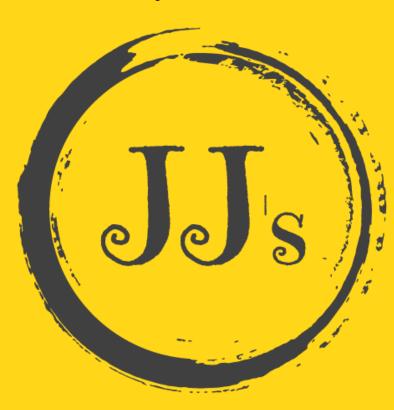
# Meal Plan Delivered to your Door, Daily!



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

<u>Chicken Burgers</u> - 5oz, seasoned ground chicken, brioche

<u>Turkey Burgers</u> - 5oz, seasoned ground turkey, brioche bun

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

✓

## <u>Friday</u>

<u>Szechuan Chicken & Broccoli</u> - Sauteed chicken, broccoli, szechuan sauce **GF** 

<u>Chicken Chow Mein</u> - Seared chicken, mixed vegetables, crispy noodles

<u>Tofu Chow Mein</u> - 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

<u>Chicken Pad Thai</u> - 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

<u>Sumac Crusted White Fish</u> - White fish, sumac, lemon, coriander <u>GF</u>

#### **TUESDAY**

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

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

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

<u>Lemon & Rosemary Salmon</u> - Alaskan salmon, lemon, rosemary **GF** 

### **WEDNESDAY**

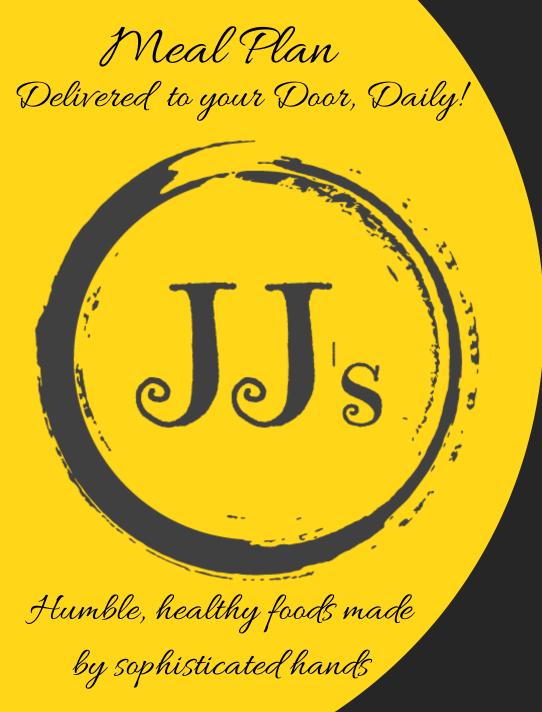
<u>Thai Red Curry Chicken</u> - Seared chicken, red curry, coconut milk, coriander <u>GF</u>

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

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

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





**GF = Gluten Free** V = Vegetarian

### How to Order:

1-\_Choose your main dish(es)

2- Choose your side dish(es)

3- Email your order to 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

#### <u>3 or more meals (same week)</u>

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

#### SIDES OF THE WEEK

Polenta Fries - Marinara sauce V

Vegetable Spring Rolls (4/p) - Sweet chili sauce V

<u>Vegetable Potstickers (6/p)</u> - 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** 

<u>Vegetable Fried Rice</u> - 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 <i>GF</i> , <i>V</i>	\$6	5/\$10
JJ's House made Gravy 1/2 litre/1litre <i>GF</i>	\$6	5/\$10
Chicken Brochette (serves 2ppl) <b>GF</b>		\$18
Chicken Parmesan (serves 2ppl) GF		\$18
Eggplant Parmesan (serves 2ppl) GF, V		\$18
Meat Lasagna <i>(serves 2ppl)</i>		\$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 <i>GF</i>		\$7
Vegetable Chili - 1/2 litre <i>GF</i> , <i>V</i>		\$7
Beef Shepherds Pie (serves 2ppl) <b>GF</b>		\$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 <i>GF</i> , <i>V</i>		\$7
Soup - Mushroom 1 litre V		\$9

## KID KORNER

\$6
\$5
\$6
\$7
\$7
\$5

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