

Meal Plan

Delivered to your Door, Daily!



*Humble, healthy foods made
by sophisticated hands*

WEDNESDAY

Honey Garlic Chicken - Oven roasted chicken, honey garlic glaze **GF**

BBQ pulled Chicken - Slow roasted BBQ chicken, house gravy

Beef Farci - Roasted bell pepper, Mediterranean meat sauce, rice, parsley **GF**

Tofu Farci - Roasted bell pepper, Mediterranean tofu sauce, rice, parsley **GF, V**

Fish Cakes - Alaskan salmon, white fish, egg, parsley, tartare sauce

THURSDAY

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

Greek Chicken Brochette - Lemon & garlic marinated chicken, bell peppers, red onions (deconstructed) **GF**

Homemade Gravlax platter - Bagels, cream cheese, tomatoes, onions, salmon gravlax **GF*** (except bagels)

Grilled Tofu w/Haloomi cheese - Lightly marinated tofu, pan seared haloomi **GF, V**

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

Week of January 18, 2021

MONDAY

Tikka Masala - Yogurt marinated grilled chicken, creamy tomato sauce **GF**

Coconut Butter Chicken - Oven roasted chicken, coconut butter sauce **GF**

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**

Thai Red Curry Chicken - Grilled chicken, red curry sauce (mild heat) **GF**

Thai Red Curry Tofu - Grilled tofu, red curry sauce (mild heat) **GF, V**

TUESDAY

Sausage & Peppers - Tomato sauce, Italian sausage (mild), peppers, onions

Baked Ziti Spinach & Ricotta - Ziti, spinach, mozzarella, ricotta, red sauce **V**

Baked Ziti Bolognese - Ziti, meat sauce, mozzarella, parmesan

Eggplant Parmesan - Roasted eggplant (unbreaded), tomato sauce, mozzarella, parmesan **GF, V**

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

Chicken Stuffed Lasagna - Oven roasted chicken, red sauce, ricotta, mozzarella, parmesan **GF**



GF = Gluten Free

V = Vegetarian

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FRIDAY

- General Tao Chicken** - Battered chicken breast, general tao sauce **GF**
- General Tao Cauliflower** - Battered cauliflower, general tao sauce **GF, V**
- Szechuan Chicken & Broccoli** - Sauteed chicken, broccoli, szechuan sauce **GF**
- Teriyaki Eggplant** - Sauteed eggplant, onions, teriyaki **GF, V**
- Salt & Pepper Shrimp** - Battered Shrimp, salt, pepper **GF**

SIDES OF THE WEEK

- Vegetable spring rolls (4/pp)** - sweet chili sauce **V**
- Vegetable Potstickers (5/pp)** - JJ's soy sesame sauce **V**
- Mashed potatoes w/Bacon & green onions** **GF**
- Root vegetable Mash** **GF, V**
- Sweet Potato Wedges** **V**
- Roasted Garlic Potatoes** **V**
- Grilled Vegetables** **GF, V**
- Brussel Sprouts w/bacon** **GF**
- Pasta Salad** **V**
- Bean Salad** **GF, V**
- Cauliflower Rice** **GF, V**

How to Order:

- 1- Choose your main dish(es)
- 2- Choose your side dish(es)
- 3- Email your order to info@jjssalades.com
- 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 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

À LA CARTE - Add ons

- JJ's Famous Tomato sauce 1/2 liter/1liter **GF, V** \$6/\$10
- 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
- Beef Chili - 1/2 liter **GF** \$7
- Vegetable Chili - 1/2 liter **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
- Garden Quiche (serves 4-6ppl) **V** \$13
- Spinach & Bacon Quiche (serves 4-6ppl) \$13
- Pearl Couscous w/grilled vegetables - 1/2 liter **V** \$6
- Quinoa Blend w/- vegetables 1/2 liter **GF, V** \$6

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

- NOTES:
1. FOR THOSE ORDERING 3 OR MORE NIGHTS PER WEEK, IT IS ENCOURAGED TO PLACE YOUR ORDERS BY SUNDAY AFTERNOON. WE WILL DO OUR BEST TO ACCOMMODATE WITH SHORTER NOTICE.
 2. A MINIMUM OF 1 DAY NOTICE IS REQUESTED FOR ORDERING MEALS
 3. DELIVERY TIMES WILL VARY
 4. EMAIL YOUR ORDERS TO: [INFO@JJSSALADES.COM](mailto:info@jjssalades.com)