

SEPTEMBER MEAL KITS



Ready in **15-30 minutes**
Serves **2 - 6 people** Order in multiples of two
Zero prep time!

September delivery dates and menus

WEEK 1

Delivered on September 15

Order by September 9

Chicken/Eggplant Parmesan with Pasta

This easy to make weeknight special comes with dredging and breadcrumbs, marinara, mozzarella and parmesan cheeses, pasta and fresh basil

GF option **V** option

Thai Curry with Shrimp

This flavourful dish can be ordered hot or mild. Packed full of veggies and coconut milk this option can be served vegan by omitting the shrimp.

GF **V** 🌱 option

Choice red or green (hot) or yellow (mild)

WEEK 2

Delivered on September 22

Order by September 16

Prosciutto Pasta with Lime and Arugula

Not your classic pasta dish. This easy to prepare dish and is ready as soon as your pasta is cooked. It's a flavour explosion with hints of chili and feta

GF option

Turkey Scallopini

Thin cuts of turkey in a luscious sauce with mushrooms over creamy mash potatoes

GF option

WEEK 3

Delivered on September 29

Order by September 23

Vegetarian Dahl and Saag Paneer

This totally vegetarian meal is easy packed full of flavour and comes with basmati rice and a side of naan

GF V

Jerk Chicken with Rice and Peas

An island favourite. Pre marinated chicken, rice and black eyed peas with a pineapple salsa

GF

Information

Orders are \$10 per person and can be ordered in multiples of two.

All ingredients are pre-measured and prepped. All you need to provide is the cooking equipment, salt and pepper and cooking oil.

Orders must be in by deadline each week for delivery on dates above. All ingredients are fresh to use for 48 hours. If ordering two meals kits per week, both will be delivered on the same date.

If no one is home on the delivery date, please leave a cooler on your porch. This is the only way we will deliver the items you ordered if there is no answer at the door. We will supply the frozen cooler bags.

All items will be sourced as locally as possible with organic ingredients when available. We will also provide recyclable containers and packaging as best we can. Detailed instructions will be provided for each recipe.

If a gluten free option is available, you will need to let us know you require it so we can adjust the kit

Prepayment is required for all orders. Payment by e transfer accepted.

Addresses must accompany each order. Local delivery includes Collingwood, Blue Mountain Base (Craigleith) and Thornbury.

GF - The item is Gluten Free for all kits

GF available - Customer must select this option

V - Vegetarian

 - Vegan

 - Vegan option (omit protein)

Contact Info:

Sacha Talbot

705.888.7640

info@socofoodandbar.com