

10 Day Individual Meal

Day 1

SALADS

Garden Greens **VG / GF**

Purple Cabbage, Carrot, Cucumber, Cherry Tomatoes

Kale Caesar **V**

Parmesan, Lemon, Croutons

MAINS

Chicken Parmesan **GF / DF**

Rigatoni with Tomato Basil, Roast Zucchini, Broccoli, & Green Beans

Grilled Striploin Steak **GF / DF**

Mushroom Demi, Roast Potatoes, Caramelized Onions, Carrot Batons, Broccoli, & Green Beans

Atlantic Salmon **GF / DF**

Maple Herb Marinade, Spanish Rice Pilaf, Grilled Asparagus, Carrot Batons, Broccoli

Thai Butternut Squash Coconut Curry **VG / GF**

Black Beans, Bell Peppers, Steamed Rice

DESSERT

Chocolate Chip Cookies **VG / DF**

Day 2

SALADS

Organic Greens **VG / GF**

Kale, Arugula, Romaine, Carrot, Cucumber Slaw

Purple & Napa Cabbage Slaw **VG / GF**

MAINS

Tandoori Spiced Butter Chicken **GF**

Basmati Rice, Green Peas, Roast Zucchini, & Bell Peppers

Tender Roast Beef **GF / DF**

Mushroom Gravy, Yukon Gold Potatoes, Green Beans, Roast Zucchini, Bell Peppers, & Carrots

Pan Roast Mediterranean Cod Fillet **GF / DF**

Capers, Black Olives, Cherry Tomatoes, with Steamed Rice, Seasonal Vegetables

Cajun Tofu **VG / GF**

Sweet Potato, Quinoa, Tomato, and Basmati Rice

DESSERT

Sugar Cookie **VG / GF**

V- Vegetarian

VG- Vegan

GF- Gluten Free

DF- Dairy Free

10 Day Individual Meal

Day 3

SALADS

Julienne Veggie Slaw **VG / GF**

Cucumber, Carrots, Red Bell Peppers, Spring Mix Greens, Balsamic Vinaigrette

Broccoli Soup **VG / GF**

Sharp Cheddar

MAINS

Roast Chicken Breast **GF / DF**

Mushroom Sauce, Bowtie Pasta Alfredo, Carrots, Broccoli, Roast Cajun Cauliflower

Tender Braised Beef Short Ribs **GF / DF**

Baked French Fries, Braised Carrots, Turnips

Breaded Sole Fish Fillet **GF / DF**

Lemon & Tartare, Baked French Fries, Carrots, Broccoli, Roast Cajun Cauliflower

Vegan Cabbage Rolls **VG / GF**

Rice, Mixed Beans, Zucchini, Eggplant, Bell Peppers, Tomatoes with Baked French Fries

DESSERT

Brownies **VG / GF**

Day 4

SALADS

Garden Greens **VG / GF**

Romaine, Kale, Spring Mix, Tomato, Cucumber, Carrot, Italian Vinaigrette

Asian Slaw **VG / GF**

Kale, Edamame, Napa, Sesame Soy Dressing

MAINS

Meat Lasagna

Beef Bolognese Sauce, Mozzarella, Parmesan, Garlic Bread & Vegetables

Pad Thai Chicken Stir Fry **GF / DF**

Carrots, Peppers, Celery, Broccoli, Snow Peas, Bean Sprouts, and Steamed Brown Rice (nut free)

Atlantic Salmon **GF / DF**

Mustard Maple, Steamed Brown Rice, Roast Balsamic Veggies, Zucchini, Eggplant, Peppers, Green Beans

Thai Squash Coconut Curry **VG / DF**

Zucchini, Eggplant, Black Beans, Peppers, Quinoa

DESSERT

Rice Krispy Squares **V**

Chocolate Chip Cookie **V / GF**

V- Vegetarian

VG- Vegan

GF- Gluten Free

DF- Dairy Free

10 Day Individual Meal

Day 5

SALADS

Garden Greens **VG / GF**

Cucumber, Tomato, Carrot, Balsamic

Butternut Squash & Root Vegetable Soup **VG / GF**

MAINS

Roast Quarter Chicken **GF / DF**

Rosemary Potatoes, with Broccoli, Butternut Squash, Roast Cauliflower

BBQ Spareribs (pork) **GF / DF**

Mac & Cheese, Broccoli, Butternut Squash, Cauliflower

Pan Seared Haddock Fillet **GF / DF**

Steamed Rice, Sautéed Bok Choy, with Garlic Cherry Tomatoes

Lima Beans & Black Lentils **VG / GF**

Bell Peppers, Tomato, Broccoli, Butternut Squash, Cauliflower

DESSERT

Oatmeal Raisin Cookies **V / GF**

Day 6

SALADS

Napa Cabbage Coleslaw **VG . GF**

Garden Greens **VG / GF**

Tomato, Cucumber, Heirloom Carrot

MAINS

Grilled Jerk Chicken **GF / DF**

Rice & Beans, Green Beans, Carrots, Roast Zucchini

Beef Teriyaki **DF**

Stir Fry with Bell Peppers, Onions, Broccoli & Lo Mein Sesame Soy Noodles

Ontario Rainbow Trout Fillet **GF / DF**

Lemon Capers, Rice Pilaf, Green Beans, Carrots, Roast Zucchini

Roast Veggie & Red Lentils **VG / GF**

Eggplant, Cauliflower, Kidney Beans, Onions, Bell Peppers with Rice Pilaf

DESSERT

Orange Vanilla Glazed Cupcake **VG. GF**

V- Vegetarian

VG- Vegan

GF- Gluten Free

DF- Dairy Free

10 Day Individual Meal

Day 7

SALADS

Traditional Caesar Salad **V**

Garlic Parmesan Croutons

Broccoli Salad **V / GF**

Napa, Bell Peppers, Red Onion, Sun Dried Cranberry, Creamy Garlic

MAINS

Grilled Chicken Cacciatore **GF / DF**

Baked Home Fries, Roasted Squash, Cauliflower, Broccoli, Carrots

Beef Stroganoff **GF / DF**

Tagliatelle Noodles, Roasted Squash & Green Beans

Breaded Cod Fillet **GF / DF**

Dill White Wine Sauce, Baked Home Fries, Broccoli, Heirloom Carrots

Roast Creole Chickpeas **VG / GF**

Zucchini and Steamed Rice

DESSERT

Double Chocolate Brownies **VG / GF**

Day 8

SALADS

Mixed Garden Greens **VG / GF**

Italian Vinaigrette

Leek & Potato Soup **VG / DF**

MAINS

Stuffed Chicken Breast **DF**

Apple, Cranberry, Roast Potatoes, and Seasonal Vegetables

Pork Schnitzel **DF**

Tomato, Mushroom, Bell Peppers, and Roast Potato Wedges

Pan Seared Haddock Fillet **GF / DF**

Lemon and Steamed Rice with Seasonal Vegetables

Chickpea Falafel **VG / GF**

Roast Cauliflower, Tomato Braised Red Lentils, , with Steamed Rice

DESSERT

Cranberry Orange Cupcakes **VG, GF**

V- Vegetarian

VG- Vegan

GF- Gluten Free

DF- Dairy Free

10 Day Individual Meal

Day 9

SALADS

Greek Salad **V / GF**

Feta, Kalamata Olives

Garden Greens **VG / GF**

MAINS

Pan Seared Chicken Parmesan **GF**

Tomato, Mozzarella, Penne Pasta, Roast Zucchini, Green Beans, Carrots

Roast Pork Loin **GF / DF**

Mushroom, Apple, White Wine Sauce, Mash Potatoes, Seasonal Vegetables

Cod Fillet **GF / DF**

Lemon Dill Sauce, Roast Sweet Potatoes, Seasonal Vegetables

Squash Thai Coconut Curry **VG / GF**

Cauliflower, Red Lentils, Sweet Potato, Basmati Rice

DESSERT

Sugar Cookies **VG / GF**

Fresh Fruit **VG / GF**

Day 10

SALADS

Garden Salad **VG / GF**

Kale, Carrot, Arugula, Italian Vinaigrette

Green Bean Niçoise **VG / DF**

Kalamata Olives, Sun-Dried Tomatoes

MAINS

Grilled Chicken Breast **GF / DF**

Penne Alfredo, Roast Squash, Cauliflower, Broccoli

Surf & Turf! **GF / DF**

Slow Braised Beef Short Ribs, Coconut Shrimps, Baked French Fries, Seasonal Vegetables

Mediterranean Branzino **GF / DF**

Capers, Tomatoes, Olives, Steamed Rice, Seasonal Vegetables

Tofu Teriyaki Stir Fry **VG**

Bean Sprouts, Asparagus, Broccoli, Snap Peas, with Steamed Rice

DESSERT

Lemon Cake Squares **V**

Ginger Orange Cookie **VG / GF**

V- Vegetarian

VG- Vegan

GF- Gluten Free

DF- Dairy Free