MIX & MATCH YOUR FAVOURITES

FOOD MADE PURE AND SIMPLE

HEALTHY KITCHEN
—FRESH—

THE WAY IT SHOULD BE

Entree Selections		Calories	Side Selections		Calories
Protein & 1 side	$7.29	200-750 Cals	I Protein ONLY	$5.99	150-500 Cals
			2 Sides	$5.69	50-550 Cals
Protein & 2 sides	$8.29	150-530 Cals	3 Sides	$6.49	80-660 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

LOCALLY SOURCED WHEREVER POSSIBLE