

# HEALTHY MEALS TO GO WEEK APRIL 25<sup>th</sup> TO 29<sup>th</sup>

ORDERS NEED TO BE RECEIVED BY FRIDAY APRIL 22<sup>nd</sup>, 2011 [CALL 905-727-0600](tel:905-727-0600)

MEALS CAN BE PICKED UP AT TIMBERLANE ATHLETIC CLUB 155 VANDORF ROAD, AURORA  
FROM 1:00 PM TO 9:00 PM MONDAY TO FRIDAY. EMAIL TO [rovingchef@rovingchef.ca](mailto:rovingchef@rovingchef.ca)

Date	SALAD	SIDES	ENTREE	PRICE	QUANTITY/PICK-UP TIME
April 25th	Organic Mixed Greens with Cherry Tomatoes, Cucumbers, Peppers served with a light white wine vinaigrette	Assorted Grilled Veggies	Butter Chicken with Basmati Rice	1 order \$15.00 Family of four \$55.00	
April 25th	Roasted Tomato and Basil Bisque	Assorted Grilled Veggies	Moroccan Vegetable Tagine	1 order \$15.00	
April 26th	Black Bean Cous Cous and Quinoa Salad	Roasted Mini Potatoes Steamed Bok Choy and Sweet Peppers	Lemon Rosemary Chicken	1 order \$15.00	
April 26th	Wild Mushroom Bisque	Garlic Bread	Manicotti stuffed Spinach & Ricotta	1 order \$15.00	
April 27th	Organic Mixed Greens with Strawberries and Feta Cheese with Raspberry Vinaigrette	Garlic Orange Spinach Wild Rice Medley	Panko Crusted Sole Fillet with Lemon Capers Beurre Blanc	1 order \$15.00	
April 27th	Roasted Squash and Apple Soup	Pita and Hummus	Vegetable Wellington	1 order \$15.00	
April 28th	Cesar Salad with Garlic Croutons	Garlic Mashed Potatoes Steamed Broccoli	Beef a la Bourguignon	1 order \$15.00	
April 28th	5 Bean Minestrone	Garlic Mashed Potatoes Steamed Broccoli	Stuffed Portobello Mushroom	1 order \$15.00	
April 29th	Tangy Spring Greens with grilled fennel and shaved parmesan cheese	Steamed Baby red Potatoes with Chive Yogurt Steamed Asparagus	BBQ Baseball Sirloin Steak with Peppercorn sauce (side)	<u>1 order \$24.95*</u>	
April 29th	Mediterranean Lentil Soup	Whole Wheat Rolls & Butter	Eggplant Lasagna layered with Spinach	1 order \$15.00	

Prices do not include HST. All meals come prepared in oven ready foil containers with complete re-heating instructions. Soups and Salads can be interchanged. Soups are prepared with veggie stock. We accept all major credit cards. TAC members can put meals on club account.