



santē | on the go
meals

Menu for the week of October 17, 2016

To order, visit www.santeonthegomeals.com. Meals will be ready for pick up on Mondays and Thursdays at the following locations:

Cuisine & Passion, 2297 St. Joseph Blvd., Orléans, ON, from 8:00 a.m. to 6:00 p.m.

Santé Chiropractic and Wellness Centre, 1-1224 Place d'Orléans Drive, Orléans, ON, from 9:00 a.m. to 7:00 p.m.

Home delivery is available for an additional \$12 per week.

Paleo

(all gluten-free)

-  **Santé meal salad** — *Power blend vegetables, dried cranberries, pumpkin seeds and chermoula-crusted haddock*
-  **Spaghetti squash with tomatoes and turkey balls** — *Spaghetti squash, fresh tomatoes, ground turkey, cumin and coriander meat balls*
-  **Moroccan beef skewer with sweet potatoes and Swiss chard** — *Petit beef filet, Moroccan spices, grape-seed oil, sweet potatoes, Swiss chard*
-  **Pork patty with goat cheese and cranberry, herbs, Khorasan wheat, zucchini** — *Ground pork, goat cheese, eggs, gluten-free bread, cranberries, red rice, fresh herbs, zucchini*
-  **Chef salad with Cajun chicken** — *Spinach, eggs, bell peppers, sunflower seeds, Cajun-roasted chicken, roasted-shallot dressing, olive oil*

Vegetarian

(all gluten-free)

-  **Spaghetti squash, brown rice, red Thai curry and coconut eggplant** — *Spaghetti squash, brown rice, red Thai curry, coconut milk, eggplant, vegetable stock*
-  **Quinoa and chickpea burger, ratatouille, Swiss chard** — *Quinoa, chickpeas, goat cheese, eggs, zucchini, carrots, mushrooms, ratatouille, rainbow chard*
-  **Chickpea salad, power vegetable blend and melon salad** — *Chickpeas, vegetables, jalapeño dressing, power blend vegetables, Italian dressing, cantaloupe, mint and maple syrup*
-  **Indonesian Gado-Gado salad** — *Tempeh, boiled eggs, bean sprouts, cucumbers, tomatoes, potatoes, peanut dressing*
-  **Zucchini and dill fritter, roasted potato with herbs and garlic, steamed broccoli** — *Zucchini, eggs, dill, gluten-free flour, goat cheese, potatoes, fresh herbs, garlic, and broccoli*

Powered by:

Cuisine & Passion