



la  
santé  
au menu

**GARDERIE LUNEYTOONS**

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*THE PRODUCTS ARE LOW IN FAT, CALORIES AND SODIUM.*

## HOW TO PLACE AN ORDER?

- STEP 1: MEAT CHOICE
- STEP 2: ACCOMPANYING CHOICE
- STEP 3: ORDER 2 DAYS BEFORE BY EMAIL OR BY CALLING US.
- STEP 4: RECEIVE A CONFIRMATION
- STEP 5: TAKE YOUR MEAL
- STEP 6: PAYMENT METHOD: CASH

***Every Monday and Thursday we make the delivery***

### Delivery cost:

Montreal: Free (Minimum order of \$ 40)

North Shore, Laval and South Shore: \$ 10 (minimum order of \$ 40)

A 15% on your next order for a new customer reference after placed order. The dishes are recyclable and biodegradable.

The dishes can place in the freezer. Once out, place in the oven, microwave. The dishes can be stored 1 to 2 days in the refrigerator and 1 month in the freezer.

Fees subject to change on an organic order.

## MEAT CHOICE



1. Chicken breast



2. Salmon filet



3. COD WITH FINE HERBS



4. PORK FILET MIGNON



5. ROASTBEEF IN JUICE



6. LASAGNE



7. SEASONAL CALVES



8. CHINESE MACARONI WITH VEGETABLES

## EXTRA MEAT CHOICE \$ 2



9. BEEF FILET MIGNON



10. MARINE SHRIMPS WITH GINGER AND VEGETABLE

### MEAT PORTION CHOICES

- 100 or 150 gr., Including ½ cup of starch + 1 cup of vegetables of the day: **\$ 12.99**
- 175 or 200 gr., Including 1 cup of starch + 1 cup of vegetables of the day: **\$ 13.99**
- 200 or 250 gr., Including 1 cup of starch + 1 cup of vegetables of the day: **\$ 14.99**
- EXTRA: 1 cup more vegetables of the day for **\$ 1.25**

### ACCOMPANYING

1. Basmati rice
2. Quinoa
3. Baked sweet potatoes
4. Brown rice
5. Greek baked potato
6. Fried baby potatoes
7. Vegetables