



Order by Friday
Pick-up on Monday
Eat for a week! W5

- ☐ **CURBSIDE PICKUP - AVAILABLE MONDAY-FRIDAY FROM 10AM-4PM ONLY- WE WILL BRING MEALS TO OUR DESIGNATED PICK UP LOCATION OUTSIDE THE CAFÉ!**
- ☐ **DURING THIS DIFFICULT TIME WE ARE TAKING ORDERS FOR GOOD TO GO WITH 24 HOURS NOTICE- WE ARE ALSO OFFERING FAMILY STYLE MEALS- PLEASE CALL THE CAFÉ OR ORDER ON LINE AT WWW.HEALTHYYOUCAFE.COM**

ENOLA LOCATION: 717-790-9657

Go to our website to order online- www.healthycyoucafe.com

DINNER - \$12 per meal (SERVING SIZE = 1 PERSON)

- Maple Glazed Chicken with Sweet Potatoes** – Maple syrup provides a sweet coating to this delicious chicken dish served with mashed sweet potatoes (384 Calories, 7g Fat, 50g Carbs, 30g Protein) (GF)
- Turkey Lasagna** – Cutting calories, not taste! This lasagna is layered with ground turkey, spinach, mushrooms & onions in a classic marinara sauce (260 Calories, 10g Fat, 24g Carbs, 18g Protein)
- Grilled Shrimp Pesto with Tomato, Onion & Mushrooms over Fettucine**-Succulent Shrimp marinated in pesto, mushrooms & Tomatoes served over Fettucine (379 Calories, 11.2g Fat, 50g Carbs, 17.75g Protein)
- Creamy, Cheesy Gluten Free/Vegan Lasagna**- Packed with hearty flavor- zucchini noodles, mashed tofu, mushrooms, bell peppers and non -dairy cheese make this lasagna an amazing, tasty dinner (272 Calories, 16.4g Fat, 21g Carbs, 9g Protein) VEGAN/GF

ADD-ONS

Avocado	2.00	Quinoa	\$3.00
Hard Boiled Egg	1.50	Grilled Chicken	\$3.00
Roasted Chick Peas	2.50	Side Salad	\$3.00

GF: Gluten Free • V: Vegetarian • Keto • Paleo • BB2: Be Balanced phase 2 • BB3: Be Balanced phase 3

NOW Online ordering & payment at www.healthycyoucafe.com/Good-To-Go

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LUNCH - \$8 per meal (SERVING SIZE = 1 PERSON)

- Buffalo Chicken Stuffed Pepper** – Peppers stuffed with shredded chicken, cauliflower rice, a little hot sauce & a lot of taste (GF) (341 Calories, 17.4g Fat, 15g Carbs, 31g Protein)
- Turkey Taco Bowl** – Turkey taco meat, corn, brown rice & homemade salsa makes this bowl delicious & nutritious (387 Calories, 42g Carbs, 10g Fat, 23g Protein)
- Veggie Lo Mein** – This classic Lo Mein dish has egg, onion, broccoli, carrots, spinach & edamame with a tasty ginger sauce (387 Calories, 42g Carbs, 10g Fat, 23g Protein)

FAMILY STYLE MEALS- PRICES VARY

- _____ **TURKEY LASAGNA WITH LOW FAT GROUND TURKEY MEAT, M'S SIGNATURE SALAD & ½ DOZEN CHOCOLATE CHUNK COOKIES-\$65 (SERVES 6-8 PEOPLE- ½ PAN)**
- _____ **TURKEY BURGERS WITH PROVOLONE ON A SWEET POTATO ROLL WITH MACORONI SALAD & HALF DOZEN COOKIES- 4 BURGERS -\$50 (SERVES 4 PEOPLE)**
- _____ **GRILLED SHRIMP PESTO WITH TOMATO, ONION & MUSHROOM OVER FETTUCINI, M'S SIGNATURE SALAD & HALF DOZEN COOKIES-\$75 (SERVES 4-6 PEOPLE)**
- _____ **BALSAMIC STUFFED CHICKEN BREASTS- STUFFED WITH MOZZARELLA CHEESE & TOMATOE, M'S SIGNATURE SALAD & HALF DOZEN OF COOKIES- \$65 (SERVES 4-6 PEOPLE)**
- _____ **HOMEMADE QUICHE- BROCCOLI CHEDDAR OR HAM & CHEDDAR-\$17**
- _____ **QUART (32 OZ) OF CLASSIC CHICKEN NOODLE SOUP-\$10**

DESSERTS STAYING ON THE LIGHTER SIDE FOR A LITTLE SWEETNESS!

- AVOCADO BROWNIE** \$2.00 (139 Calories, 8.3g fat, 15.7g carb, 3 g protein)
- ENERGY BITES (2)** \$2.00 (94 Calories, 5.3 g fat, 10.6g carb, 2.5g protein)
- MINI CHEESECAKE** \$1.50(119.3 Calories, 4.4g fat, 14.5g carb, 6g protein)
- MINI FRUIT KABOB** \$1.50 (27 Calories, 0 Fat, 6.7g carbs, .4g protein)

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