### Mix & Match Your Favourites

**Food Made Pure and Simple**

The way it should be

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**Healthy Kitchen Fresh**

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<table>
<thead>
<tr>
<th>Entree Selections</th>
<th>Calories</th>
<th>Side Selections</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein &amp; 1 side</td>
<td>200-750 Cals</td>
<td>1 Protein ONLY</td>
<td>150-500 Cals</td>
</tr>
<tr>
<td>Protein &amp; 2 sides</td>
<td>150-530 Cals</td>
<td>2 Sides</td>
<td>50-550 Cals</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 Sides</td>
<td>80-660 Cals</td>
</tr>
</tbody>
</table>

**Calories**

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

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**Locally Sourced Wherever Possible**