

DISCOVER THE BIG NEWS OF 2024!

Simplify your weekly meal planning with our new ready-to-eat meal option:

- 1. A solution for organizing freshly cooked meals for the office and home, ready in 2 minutes.
- 2. Ordered for next-day delivery.
- 3. Customized menus available.
- 4. Make your daily or weekly plan.

Enjoy 5 rotating choices every 2 weeks, with the ability to customize to your needs.

Our ready-to-eat highlights:

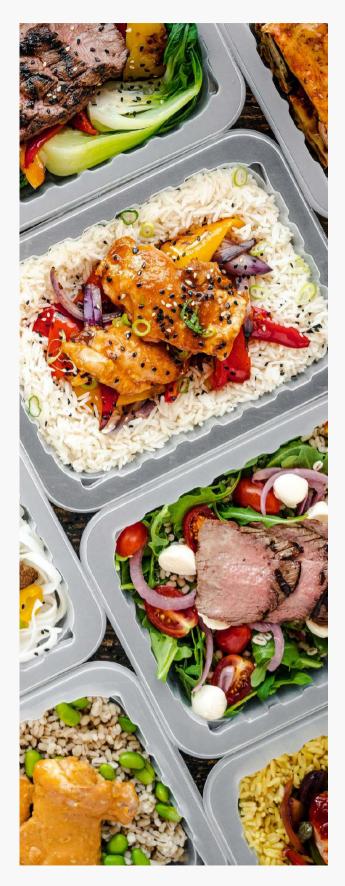
- 7-day shelf life.
- Ready in just 2 minutes in the microwave.
- Bistro quality and unique presentation.

Prices range from 15.50\$ to 17.50\$ per meal, for an incomparable catered culinary experience.



bernard & fils Traiteur

MENU



Minimum order of 10 meals of your choice. Orders accepted by 12 PM the day before.

WEEK 1 AND WEEK 2

February 5 to February 18, 2024

Individual portion.

Ready-to-eat #1	15.50 \$
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Stir-fry tofu with honey and soy, barley with baby vegetables.

Ready-to-eat#2 16.00 \$

Füssli bolognese, bacon and parmesan slices.

Ready-to-eat #3 16.50 \$

Pork tenderloin with mustard, green beans and rice.

Ready-to-eat #4 16.50 \$

Peanut chicken, quinoa with green peas and corn.

Ready-to-eat #5 17.50\$

Indian-style curry shrimp, jasmine rice.

READY-TO-EAT

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WEEK 3 AND WEEK 4

February 19 to March 3, 2024

Individual portion.

Ready-to-eat#1	15.50 \$
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Vegetable and chickpea cary with coconut milk, jasmine rice.

Ready-to-eat#2 16.00 \$

Beef chili, coriander quinoa and sour cream.

Ready-to-eat #3 16.50 \$

Gnocchi with sausage meat, tomato and parmesan sauce.

Ready-to-eat #4 16.50 \$

General Tao chicken, long rice and peppers.

Ready-to-eat #5 17.50\$

Shrimp on Shanghai noodles with soy and bok choy.



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WEEK 5 AND WEEK 6

March 4 to March 17, 2024

Individual portion.

Ready-to-eat #1	15.50 \$
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Veggie chili, coriander quinoa and sour cream.

Ready-to-eat #2 16.50 \$

Beef and green bean lasagne with vinegar.

Ready-to-eat #3 16.50 \$

Lacquered pork with sweet soy sauce, Shanghai noodles and sautéed bok choy.

Ready-to-eat #4 17.00 \$

Chicken Penne Arrabbiata au gratin with parmesan and tomato confit.

Ready-to-eat #5 17.50\$

Braised veal with red wine and pearl onions, mashed potatoes and parsnips.

READY-TO-EAT

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WEEK 7 AND WEEK 8

March 18 to March 31, 2024

Individual portion.

Ready-to-eat #1	15.50 \$
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Indian-style tofu with roasted zucchini and cauliflower, simmered lentils.

Ready-to-eat#2 16.00 \$

Penne Alfredo with chicken, tarragon, lemon and green peas.

Ready-to-eat #3 16.50 \$

Sweet and sour chicken, jasmine rice and bok choy.

Ready-to-eat #4 16.50 \$

Pork meatball, spinach macaroni and tomatoes.

Ready-to-eat #5 17.50\$

Braised beef with red wine and pearl onion, mashed potatoes and parsnips.



