



Spruce Grove Aerials Gymnastic Meal Combo

Please Make all cheques payable to Spruce Grove Aerials Gymnastics

Family Name: _____
 Athletes Name: _____
 Contact Number: _____

10% Credit to
Aerials Gymnastic

- 1) Chicken Breast (4oz), Broccoli (50g) & Baked Sweet Potato (60g)
- 2) Steak Strips (3oz), Peas (50g) & Basmati Rice (60g)
- 3) Ground Beef (4oz), Carrots & GF Penne (60g)
- 4) Turkey (3oz), Broccoli (50g) & Brown Rice (50g)
- 5) Tofu(4oz) with Strawberry & Spinach Salad
- 6) Falafal Balls (3) with Strawberry & Spinach Salad
- 7) Shrimp (4oz) with Strawberry & Spinach Salad
- 8) Gluten Free Blueberry Pancake
- 9) Gluten Free Blueberry Waffle
- 10) GF Penne (6oz) with Sliced Chicken Breast (3oz)

COST	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$9.95	\$0.50	Total (\$)
Quantity Of Item 1)													
Quantity Of Item 2)													
Quantity Of Item 3)													
Quantity Of Item 4)													
Quantity Of Item 5)													
Quantity Of Item 6)													
Quantity Of Item 7)													
Quantity Of Item 8)													
Quantity Of Item 9)													
Quantity Of Item 10)													

* Pick your sauces for \$0.50 cents
 Tomato Basil Pasta Sauce, Pesto Pasta Sauce,
 Teriyaki, BBQ, Sweet Thai Chili, GF Teriyaki,

* All Meals Are Fresh And Fully Cooked.

***Pick Up Your Meals @ Eat Clean Healthy Grill
 #108 7 Tri Leisure Way, Spruce Grove
 (587)-286-1982
 Pick Times Will Be March 1st to March 7th between 16:00 & 19:00

**Please Note Any
 Gluten, Nut, and/or
 Dairy Allergies:**