

getjoyfull! SPRING MENU PLANNER

BREAKFAST

LUNCH

DINNER

SNACKS

MON

TUE

WED

THU

FRI

SAT

SUN



Try some of these amazing seasonal ingredients this Spring! Savour in light pastas, like our “Spring Chicken & Lemon Spaghettini,” or simple salads, grilled veggies, fruit tarts and refreshing smoothies.

- Apples
- Apricots
- Spinach
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Carrots
- Turnips
- Collard Greens
- Celery
- Kale
- Lemons
- Lettuce
- Limes
- Peas
- Garlic
- Onions
- Mushrooms
- Kiwifruit
- Pineapples
- Radishes
- Rhubarb
- Strawberries
- Swiss Chard