



## Jolley Market Weekly Pre-Order Menu

Freshly prepared meals for busy households, families, and anyone who wants a delicious homemade meal without the work.

Choose from **Single, 2-Person, or 6-Person Family Sizes**. Mix and match your meals to create your perfect weekly order.

**Jolley Comfort Favourites-Will add new ones every month!**

| Meal                                                                                                                                        | Single  | 2 Person | 6 Person |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|----------|
| <b>Herb Roasted Chicken Dinner</b> — Herb-roasted chicken, garlic mashed potatoes, seasonal vegetables & gravy                              | \$20.00 | \$38.00  | \$108.00 |
| <b>Jolley Beef &amp; Vegetable Stew</b> — Slow-braised beef, potatoes, carrots, onions & herbs in a rich savoury gravy                      | \$20.50 | \$39.00  | \$111.00 |
| <b>Chicken Pot Pie Bake</b> — Tender chicken, vegetables & creamy herb sauce topped with a golden flaky crust                               | \$20.00 | \$38.00  | \$108.00 |
| <b>Pulled Pork Mac &amp; Cheese Bake</b> — Jolley pulled pork, creamy baked mac & cheese & BBQ glaze                                        | \$20.00 | \$38.00  | \$108.00 |
| <b>Turkey Shepherd's Pie</b> — Roasted ground turkey, vegetables & savoury gravy topped with creamy mashed potatoes                         | \$20.00 | \$38.00  | \$108.00 |
| <b>Jolley South African Chicken Curry &amp; Basmati Rice</b> — Tender chicken in a rich, mildly spiced tomato cream sauce with basmati rice | \$20.00 | \$38.00  | \$108.00 |



## Fresh & Healthy Choices

| Meal                                                                                                                         | Single         | 2<br>Person    | 6<br>Person     |
|------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|-----------------|
| <b>Mediterranean Chicken Bowl</b> — Grilled chicken, lemon rice, roasted vegetables, cucumber & tzatziki                     | <b>\$20.50</b> | <b>\$39.00</b> | <b>\$111.00</b> |
| <b>Teriyaki Salmon Bowl</b> — Teriyaki-glazed salmon, jasmine rice, broccoli, carrots & sesame vegetables                    | <b>\$23.50</b> | <b>\$45.00</b> | <b>\$129.00</b> |
| <b>Harvest Grain &amp; Roasted Vegetable Bowl</b> 🌱 — Quinoa, roasted seasonal vegetables, chickpeas & maple-tahini dressing | <b>\$19.00</b> | <b>\$36.00</b> | <b>\$105.00</b> |

## Vegan Jolley Favourites

| Meal                                                                                                                                       | Single         | 2<br>Person    | 6<br>Person     |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|-----------------|
| <b>Vegan Coconut Chickpea Curry</b> — Chickpeas, seasonal vegetables & coconut curry served with basmati rice                              | <b>\$19.00</b> | <b>\$36.00</b> | <b>\$105.00</b> |
| <b>Vegan Lentil Shepherd's Pie</b> — Hearty lentils, vegetables & savoury gravy topped with creamy mashed potatoes                         | <b>\$19.00</b> | <b>\$36.00</b> | <b>\$105.00</b> |
| <b>Vegan Bannock Chili Bowl</b> — Three-bean chili with corn, peppers & Jolley Market seasoning, served with vegan bannock                 | <b>\$19.00</b> | <b>\$36.00</b> | <b>\$105.00</b> |
| <b>Vegan Roasted Vegetable &amp; Rice Bake</b> — Roasted seasonal vegetables, rice, chickpeas & herbs baked together in a hearty casserole | <b>\$19.00</b> | <b>\$36.00</b> | <b>\$105.00</b> |

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## How the Jolley Market Pre-Order Works

### **ORDER BY:**

Saturday at **8:00 PM**

### **PICK-UP:**

The following **Wednesday from 4:00–6:00 PM**

### **MINIMUM ORDER:**

**3 single meals** per order. Mix and match any of our weekly menu selections.

## Container Options

Meals will be packaged in either **aluminum oven-safe containers** or **microwave-safe containers**, depending on the menu item.

Each meal will be labelled with **reheating instructions** so you can go from refrigerator to table with minimal effort.

## Dietary Accommodations

**Gluten-Free (GF) and Dairy-Free (DF) options are available upon request on select menu items.**

Please identify any dietary requirements when placing your order so we can confirm the appropriate preparation and ingredients.

## Made for Real Life

Whether you're feeding the family, stocking the fridge for a busy week, or simply don't feel like cooking, **Jolley Market has you covered.**

**Order Saturday → Pick up Wednesday → Enjoy all week!**



Email your orders: [catering@jolleymarket.com](mailto:catering@jolleymarket.com)