

THE *fit+go* meals DISTRICT KITCHEN

Weekly orders due every Thursday by 5 pm
of the week before pickup. Submit via email or phone:
orders@thedistrictroom.com or 205.469.1655 | Option 5



GLUTEN-FREE



DAIRY-FREE



PALEO

Every meal is \$10 + tax. Delivery within 5 miles = \$5.

MONDAY

meals available for pickup on Monday, 10 am - 4 pm

QTY

_____ **Lunch 1** 3-Layer Beef, Bacon + Sweet Potato Casserole

_____ **Lunch 2** Salmon Spinach Salad

SIDES

_____ **Dinner 1** Chicken Burger with Carmelized Onions + 2 sides _____

_____ **Dinner 2** Grilled Steak Carne Asada + 2 sides _____

WEDNESDAY

meals available for pickup on Wednesday, 10 am - 4 pm

QTY

_____ **Lunch 1** Chinese Chicken Salad

_____ **Lunch 2** Slow-Cooked Beef and Pepper Stew

_____ **Lunch 3** Sautéed Salmon, Onions + Peppers over Cauliflower Rice

SIDES

_____ **Dinner 1** Maple-Glazed Turkey Meatballs + 2 sides _____

_____ **Dinner 2** Salmon Cakes with Lemon Herb Aioli + 2 sides _____

_____ **Dinner 3** Steak Fajita Bowl + 2 sides _____

SIDES

choose 2 sides from the list below for each dinner ordered

1 Roasted Red Potatoes

2 Mashed Sweet Potatoes

3 Roasted Broccoli

4 Greek Veggie Salad

5 Slow Cooker Apple Crumble

Follow us on Instagram at @thedistrictroomandkitchen or on Facebook at The District Room & Gourmet Kitchen.

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customer information

name _____

phone number _____

email _____

dietary restrictions _____

payment information

name on card _____

number _____

exp date _____

CVV code _____

keep on file? _____

order details

deliver or pick up? _____

deliver to _____

delivery instructions _____

how did you learn about fit+go?

want to join our email list and receive f+g menus in your inbox each week? just type yes below and we'll add you!

frequently asked questions

Is there a minimum order required?

yes. you must order at least 2 meals per menu.

Do I order one at a time?

no. orders for the entire week ahead should be placed on one order form by Thursday at 5 pm.

When is the food prepared?

monday pickup meals are prepped on Friday afternoon, cooked and assembled on monday morning. wednesday pickup meals are made on tuesday.

If I order for the whole week, do I get two deliveries?

yes, we will deliver twice, once on monday and once on wednesday. each delivery costs \$5.

Can I order multiples of one meal?

yes! order as much as you like of each one! don't forget to pick two sides for each dinner you order.

Do I have to give my credit card # each time I order?

no. just let us know if you'd prefer we keep it on file, and we will be happy to do so.

How do I find the menu each week?

there are two ways: we can add you to our email list so you receive it each monday morning, or you can check our web site. the new menu will be posted by monday morning for the following week's meals.

What about tax + delivery?

our meals cost \$10 + 9% sales tax. we will deliver within a 5-mile radius of our location. this costs an additional \$5 per delivery.