

*An Experienced Chef of Over 20 years,  
Magdalene Thomas, known as Maggie  
knows just the right healthy combinations  
to get your kids into the habit of eating  
right.*

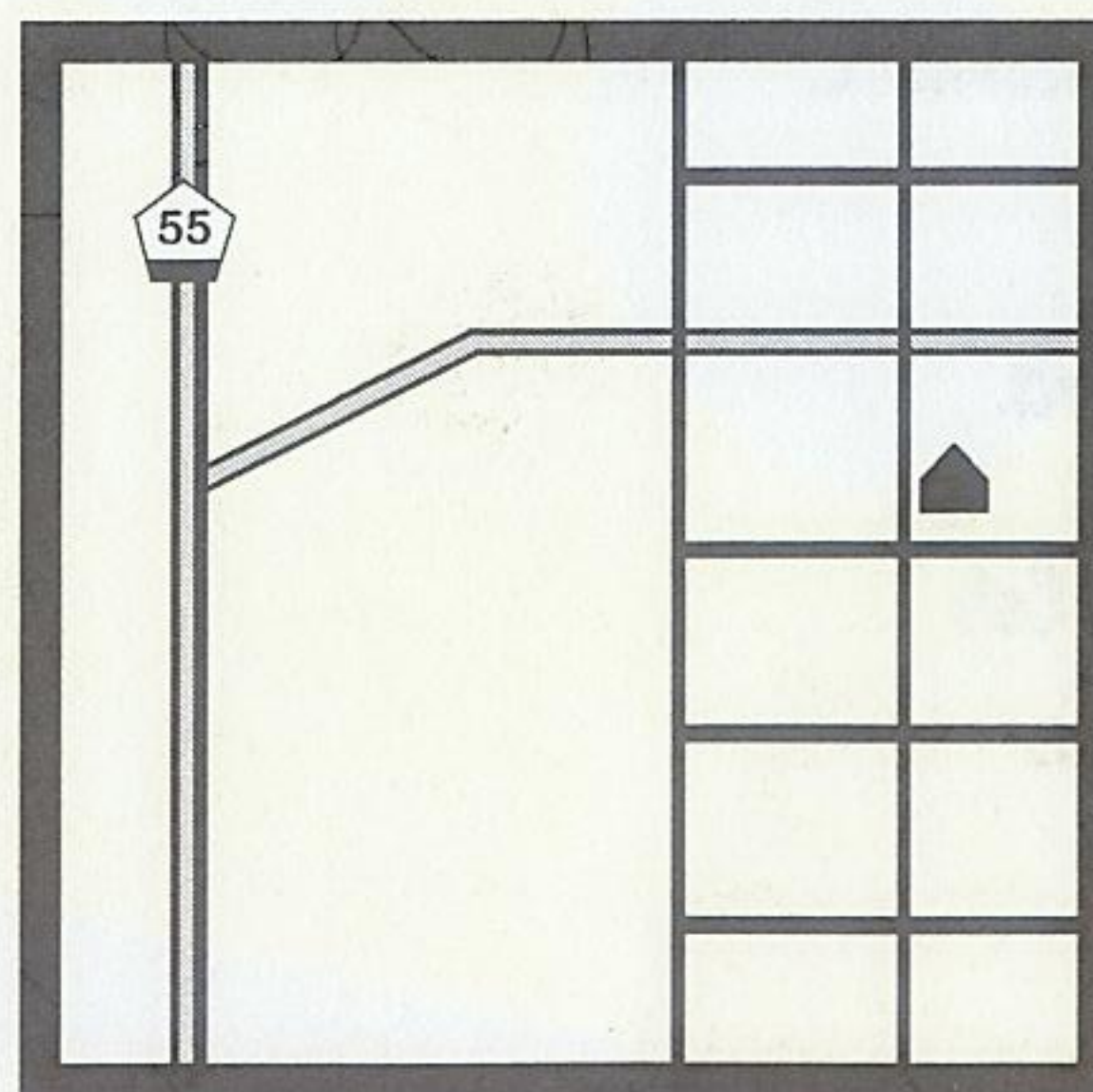
*Maggie's Meals on Wheels has been pro-  
viding the community with delicious meals  
since 1995. She also has extensive catering  
experience and can be called on to make  
your tailored event an evening filled with  
food euphoria!*



*Maggie's: providing your little ones with heart healthy,  
nutritional meals, helping them grow up strong!*

Hours  
Monday-Friday 9:00am-5:00pm

Primary Business Address  
Greenland, East End  
Tortola, British Virgin Islands



From my kitchen to your Heart!

# Maggie's-healthy Meals



## MENU

Kid Friendly, Nutritional, Value Meals

Phone: 284 499 2107





## **BIG EATERS**

Kid Sized; packed with all the nutritional meal requirements.

### **Hearty Chicken Soup**

Chicken, Potatoes, Pumpkin, Carrots.

### **Quick Skillet Pasta**

Rainbow Rotini, Jumbo Sausage, Broccoli.

### **Lil Bites**

Sweet & Sour Wingettes, Rice, Steam Veggies.

### **Meatballs & More**

Spaghetti, Meatballs, Tomato Sauce & Parmesan.

### **Potato Heaven**

Creamy Mashed Potatoes, Steamed Carrots, BBQ. Chicken.

## **SANDWICH SHOP**

What they really love!

### **PB&J**

Wheat Toast, Peanut Butter, Jelly, Green Salad.

### **Cheese Delight**

Wheat Toast, American Cheese, Green Salad.

### **Really Tuna**

Wheat Toast, Tuna Mix, Green Salad.

### **Amazing Chicken**

Wheat Toast, Chicken Mix, Green Salad.

## **JUICE BAR**

100% Juices.

### **Capri-Sun**

No. 1 Kid-Approved Juice Drink.

### **Welch's**

No Added- Sugar.

## **SUBSTITUTES**

Other Healthy Options (these may be used as alternative sides on some days).

### **Apples**

Wonderful power packed super fruit.

### **Oranges**

Natural source of Vitamin C.

### **Baby Carrots**

Goldmine of Nutrients.

### **Sweet Corn On the Cob**

Natural Heart helper.



**We  
Love  
Them  
So  
Much!**

**Let's  
Make  
Sure  
They  
Grow  
Up  
Healthy!**