



WEEK OF *Dec 30th*

Happy Holidays! New Website launched! Let us know if any issues arise

Strawberry Overnight Oats (GF,DF)- *almond milk, strawberries, maple, chia, flax*

Pumpkin Chocolate Chip Muffins (GF, DF) - *contains egg, coconut sugar*

VEGAN Avocado Breakfast Pudding (GF, DF) - *organic avocado, banana, honey, rice milk. superfood!*

Potato, Kale, Cheddar Frittata (GF) - *eggs, rice milk, onion*

VEGAN Double Chocolate Beet and Apple Muffins (GF, DF) - *contains almond flour*

Lunches

Greek Salad - *greens, tomatoes, kalamata olives, red onion, cucumber, sunflower seed*

Chicken or Vegan Mango Spring Roll with Peanut Lime Sauce (GF, DF) *cabbage, mango, cucumber, carrot, red onion*

VEGAN Roasted Carrot Ginger Bisque (GF, DF) - *almond milk, nutmeg, cinnamon, sweet potato*

Texas Style Beef Chili (GF,DF) - *mostly beef and onion, lil black and pinto beans*

Curried Chicken Salad with Red Grapes and Roasted Pistachio (GF,DF) - *house made curry mayo*

Dinners

VEGAN Bourbon Glazed Walnut Lentil Loaf, Cauliflower Mash, Carrot Zucchini Medley (GF,DF) -

VEGAN Chickpea and Butternut Curry, Rice Pilaf, Garlic Green Beans (GF, DF) -

Boneless Black Pepper Pork Chop, Sage Butter, Sour Cream and Chive Mashed Potatoes, Garlic Green Beans (GF) -

Chimichurri Salmon, Roasted Potatoes, Roasted Cauliflower (GF, DF) -

Mongolian Beef, Pineapple Fried Rice, Broccoli (GF, DF) - *thin slices of steak, garlic, ginger*

Grilled Chicken Pot Pie topped with Puff Pastry (DF) - *carrots, celery, butternut, green beans, corn*

Roasted Garlic Chicken, Au Jus, Sour Cream and Chive Mashed Potatoes, Broccoli (GF, DF) -

Turkey Meatballs, Tomato Gravy, Chickpea Pasta, Carrot Zucchini Medley(GF) - *parmesan*

helpfulfoodie.com