



WEEK OF *Jan 6th*

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**Hope you like the new site! Please leave Reviews so we know what you like**

**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!*

**Bacon and 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 Cabbage, Leek, Potato Soup (GF, DF)** -

**Grilled Chicken Soup (GF,DF)** - *chicken bone broth, carrots, celery, potato, green beans*

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

### **Dinners**

**VEGAN Baked Honey Buffalo Cauliflower Stuffed Sweet Potato, Grilled Zucchini (GF,DF)** -

**VEGAN Butternut and Ranchero Beans Tamale Bowl with Corn Cakes and Cilantro Lime Crema (GF, DF)** - *corn, butternut, pinto, black beans, ancho, tomato, bell pepper*

**Moms Roast Beef, Mashed Potatoes, Gravy, Carrots and Parsnips (GF)** -

**Almond Quinoa Crusted Salmon, Cauliflower Mash, Lemon Sauteed Cabbage (GF, DF)** -

**Orange Chicken, Fried Rice, Broccoli (GF, DF)** - *healthiest orange sauce out there*

**Pineapple BBQ Chicken Breast, Mashed Potatoes, Veg Medley (GF, DF)** -

**Italian Pork Ragu, Chickpea Pasta, Broccoli (GF, DF)** - *braised for 4 hours in red wine and mirepoix*

**Santa Fe Turkey Burgers, Sweet Potato Wedges, Chipotle Mayo, Zucchini (GF, DF)** -

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