



WEEK OF *Jan 13th*

Coconut Mocha Overnight Oats (GF,DF)- *coconut milk, cocoa, chocolate, maple, chia, flax, coffee*

Banana Walnut Muffins (GF, DF) - *contains egg, coconut sugar*

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

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

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

Lunches

Apple Pecan Salad with Cider Dressing - *greens, apples, dried cranberries, celery, cucumber, pecan*

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

VEGAN Classic Tomato Soup (GF, DF) - *contains almond milk*

Peruvian Chicken Soup (GF,DF) - *lime, potato, rice, carrot, green beans, cilantro*

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

Dinners

VEGAN Mexican Fiesta Black Bean Zucchini Boats, Pico De Gallo, Guac Sauce (GF,DF) -

VEGAN Sweet Potato Stuffed with Sorghum, Muhammara, Pomegranate, Broccoli (GF, DF) -

Fall Grilled Chicken, Apples, Cider Sauce, Roasted Butternut Squash, Chopped Brussels (GF,DF)

Honey Garlic Salmon, Fried Rice, Broccoli (GF, DF) -

Grass Fed Beef Enchiladas, Cauliflower Mash, Corn Tortillas, Pico de Gallo (GF, DF) - *stuffed with beef, fiesta black beans, peppers, corn, onions, topped with enchilada sauce*

Teriyaki Glazed Boneless Pork Chop, Mashed Potatoes, Green Beans (GF,DF) -

Italian Shepherds Pie - Turkey Bolognese and Creamy Polenta (GF) - *contains parmesan*

Boneless Lemon Garlic Chicken, Thighs Brown Rice Pilaf, Lemon Sauce, Carrot Zucchini Medley (GF,DF) -