



WEEK OF *Jan 20th*

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

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

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

Southwest Frittata (GF, DF) - *eggs, rice milk, onion, black bean, bell pepper, tomato*

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 Fire Roasted Vegetable Soup (GF, DF) -

Beef Stew (GF,DF) - *Lima Farm beef, carrot, potato, celery, green beans*

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

Dinners

VEGAN Buddha Bowl with Peanut Lime Sauce (GF,DF) - *sweet potatoes, butternut squash, broccoli, quinoa, chopped brussels, roasted peanuts*

VEGAN Herb Falafel, Roasted Potatoes, Roasted Eggplant Slices, Pickled Red Onion, Tahini Sauce (GF, DF) -

Pecan Parsley Crusted Salmon Roasted Butternut Squash, Green Beans with Onion (GF,DF)

Fire Braised Sweet Chili Lime Pork Tacos, Pineapple Salsa, Rice Verde, Corn Tortillas (GF, DF) -

Crunchy Lemon Chicken Tenders, Garlic Parsley Mashed Potatoes, Maple Roasted Brussels (GF)
- *lightly coated in gf panko, lemon zest, parmesan and oven fried*

Roasted Boneless Chicken Thighs, Mashed Potatoes, Gravy, Corn and Peppers (GF,DF) -

Beef Cabbage Rolls, Cauliflower Mash, Sweet Sour Tomato Sauce, Grilled Zucchini (GF, DF) -

Turkey, Kale, Apple, Cranberry, Rice Stuffed Sweet Potato (GF,DF) -

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