



WEEK OF *Jan 27th*

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**Pumpkin Pie Overnight Oats (GF,DF)**- *almond milk, pumpkin, maple, chia, flax*

**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**

**Asian Style Salad with Carrot Ginger Dressing** - *greens, cabbage, cucumber, sunflower seeds, broccoli*

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

**VEGAN Lemony Kale and White Bean Soup (GF, DF)** - *carrot, garlic, thyme, lemon*

**Beef Cabbage Soup (GF,DF)** - *Lima Farm beef, cabbage, lentils, carrot, tomato, smoked paprika*

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

### **Dinners**

**VEGAN Sicilian Lentils, Pesto Alla Trapanese (GF,DF)** - *tomato, crushed almond, kale, carrots, green beans*

**VEGAN Chickpeas and Butternut Tagine over Coconut Rice (GF, DF)** - *red potato, dried apricots, zucchini, tomato, cinnamon, ginger*

**Blackened Salmon, Rice Pilaf, Carrots and Zucchini (GF,DF)**

**Coconut Crusted Chicken Fingers, Grilled Pineapple, Jasmine Rice, Broccoli, Aloha Sauce (GF, DF)** -

**Boneless Turkey Breast, Gravy, Pecan Maple Sweet Potato Mash, Garlic Green Beans (GF, DF)** -

**Salsiccie Al Sugu (Sausage Braised in Tomato), Mashed Potatoes, Peppers, Onions (GF,DF)** -

**Turkey Taco Bake, Fresh Salsa, Cheddar, Tex Mex Rice, Zucchini (GF)** -

**Grass Fed Beef and Broccoli, Fried Rice (GF,DF)** - *with housemade garlic ginger sauce*

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