



WEEK OF *Feb 3rd*

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

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

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

**Ham and Cheddar Frittata (GF, DF)** - *eggs, rice milk, green onion*

**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 Butternut and Sweet Potato Bisque (GF, DF)** - *contains almond milk*

**Southwest Grilled Chicken Corn Chowder (GF,DF)** - *chicken, bacon, bell pepper, potato, corn*

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

### **Dinners**

**VEGAN Sweet Potato Stuffed with Quinoa, Brussels, Apples, Kale, Cranberry Oat Yogurt (GF,DF)**

**VEGAN Cauliflower Bolognese, Chickpea Pasta, Grilled Zucchini, Cashew Cheese (GF, DF)** -

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

**Citrus Chicken, Pineapple Fried Rice, Peppers, Green Beans (GF, DF)** -

**Blueberry Gastrique Boneless Pork Chop, Butternut Mash, Garlic Green Beans (GF, DF)** - *fresh blueberries mix into a sweet and sour sauce*

**Honey Lime BBQ Chicken, Baked Potato, Herb Butter, Succotash (GF)** -

**Burgundy Boneless Beef Short Ribs, Sour Cream and Chive Mashed Potatoes, Gravy, Broccoli (GF)** -

**Greek Turkey Burgers, Cauliflower Mash, Tomato Cucumber Salad, Tzatziki (GF,DF)** -