



WEEK OF Feb 10th

Apple Walnut Pie Overnight Oats (GF,DF)- *almond milk, apples, cinnamon, maple, chia, flax*

Blueberry 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

Chopped Salad with Mango Dressing - *greens, mandarin oranges, tomato, peppadew, cucumber, red onion*

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

VEGAN Sweet Potato, Coconut, Ginger Stew (GF, DF) - *coconut milk, kale, lentils, butternut*

Ham and Pinto Bean Soup (GF,DF) - *carrot, tomato, celery, thyme, paprika*

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

Dinners

VEGAN Butternut Squash Risotto with Herb Olive Oil (GF,DF)

VEGAN Brazilian Black Bean Chili, Corn bread, Grilled Zucchini (GF, DF) -

Teriyaki Salmon, Cauliflower Mash, Roasted Butternut Squash (GF,DF)

Thai Basil Turkey, Fried Rice, Ginger Sauce, Carrots, Green Beans (GF, DF) -

Grass Fed Cowboy Salisbury Steaks, Sour Cream and Chive Mashed Potatoes, Gravy, Broccoli (GF) -

Apple BBQ Chopped Pork, Ciderslaw, Corn Cakes, Baked Beans (GF,DF) -

Lemon Garlic Boneless Chicken Thigh, Hassleback Potatoes, Carrots and Zucchini (GF,DF) -

Salsa Chicken Stuffed Peppers, Tex Mex Rice, Black Bean, Corn, Fresh Salsa, Guacamole Sauce (GF,DF) -

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