



WEEK OF *Mar 17th*

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

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

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

**Bacon Cheddar Frittata (GF, DF)** - *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, toasted pecans, cucumber*

**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)** - *tomato, carrot, green beans, corn, coriander, butternut*

**Peruvian Chicken Soup (GF,DF)** - *grilled chicken, potato, carrot, lime, cilantro, brown rice*

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

### **Dinners**

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

**VEGAN French Lentils, White Wine, Tomato, Herbs over Zucchini Noodles (GF, DF)** -

**Pecan Parsley Crusted Salmon, Maple Roasted Brussels, Veggie Rice Pilaf (GF,DF)**

**Boarding House Turkey Meatloaf, Sour Cream Chive Mashed Potatoes, Carrots, Zucchini, Meatloaf Sauce (GF,DF)**

**Teriyaki Boneless Pork Chop, Fried Rice, Broccoli (GF, DF)** -

**Cornflake Chicken, Butternut Mash, Green Beans, Local Honey (GF,DF)** -

**Chimichurri Steak, Roasted Garlic Potatoes, Broccoli, Cauliflower (GF)** -

**Lemon Dijon Chicken, Veggies Rice Pilaf, Asparagus, Extra Sauce (GF,DF)** -