



WEEK OF *Mar 24th*

---

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

**Banana Walnut 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, bacon*

**VEGAN Double Chocolate Beet and Apple Muffins (GF, DF)** - *contains almond flour*

### **Lunches**

**Asian Style Salad with Fresh Carrot Ginger Dressing** - *green, cabbage, carrots, green onion, broccoli, cucumber, sunflower seeds*

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

**VEGAN Cabbage, Leek, Potato Soup (GF, DF)** - *white beans, fire roasted tomato, celery*

**Grilled Chicken Stew (GF,DF)** - *carrots, potato, celery, green beans, thyme, bell pepper, butternut*

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

### **Dinners**

**VEGAN Bourbon Glazed Lentil Walnut Loaf, Mashed Potatoes, Sauce, Peas (GF,DF)** -

**VEGAN Chickpea and Butternut Curry, Coconut Jasmine Rice, Garlic Green Beans (GF, DF)** -

**Almond Quinoa Crusted Salmon, Cauliflower Mash, Garlic Green Beans (GF,DF)**

**Orange Chicken, Fried Rice, Broccoli (GF,DF)** - *fresh and healthy sauce make this amazing*

**Italian Pork Ragu, Chickpea Pasta, Carrots and Zucchini (GF, DF)** - *braised over four hours with red wine, mirepoix, bay leaf*

**Grass Fed Beef Taco Bowl, Roasted Potatoes, Tomato Salsa, Guac Sauce, Broccoli (GF,DF)** -

**Santa Fe Turkey Burgers, Sweet Potato Wedges, Chipotle Lime Crema, Roasted Cauliflower (GF,DF)** -

**Spanish Grilled Chicken Breast with Romesco, Pub Style Potatoes, Asparagus (GF,DF)** -

---

**helpfulfoodie.com**