



WEEK OF *Mar 31st*

Pumpkin Pie Overnight Oats (GF,DF)- *almond milk, pumpkin, cinnamon, nutmeg, 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!*

Broccoli Frittata (GF, contains parmesan) - *eggs, rice milk, onion, broccoli, parmesan*

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 Moroccan Carrot Bisque (GF, DF) -

Beef Cabbage Soup (GF,DF) - *Holben Valley beef, lentils, smoked paprika, tomato, carrot*

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

Dinners

VEGAN Baked Honey Buffalo Cauliflower Stuffed Sweet Potato, Zucchini, Avo Crema (GF,DF) - *tangy, not hot*

VEGAN Tex Mex Zucchini Boats, Taco Quinoa, Pico De Gallo, Guac Sauce (GF, DF) - *tri colored quinoa, black beans, onions, peppers, corn, tomato, ancho*

Honey Garlic Salmon, Fried Rice, Broccoli (GF,DF)

Roast BBQ Pork Loin, Healthy Baked Beans, Corn Pea Medley (GF,DF) - *these baked beans are killer*

Boneless Lemon Garlic Chicken Thighs, Herb Rice, Asparagus (GF, DF) - *tons of fresh lemon*

Italian Shepherds Pie - Turkey Bolognese topped with Creamy Polenta (GF,DF) -

Pineapple BBQ Chicken Breast, Tomato Pineapple Salsa, Roasted Potatoes, Broccoli (GF,DF) -

Moms Grass Fed Roast Beef, Mashed Potatoes, Gravy, Carrots, and Green Beans (GF,DF) -

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