



WEEK OF *April 21st*

Blueberry Overnight Oats (GF,DF)- *almond milk, n blueberries, maple, chia, flax*

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

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

Veggie Parm Frittata (GF, contains parmesan) - *eggs, rice milk, onion, zucchini, tomato, parsley*

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

Lunches

Chopped Salad with Mango Vinaigrette - *greens, mandarin oranges, peppadew, tomato, cucumber, red onion, pumpkin seeds*

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

VEGAN Carrot Ginger Bisque (GF, DF) - *contains almond milk*

Cowboy Stew (GF,DF) - *lima farm beef, tomato, corn, potato, carrot*

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

Dinners

VEGAN Mango and Black Bean Mole over Coconut Milk Polenta (GF,DF) -

VEGAN Cauliflower Bolognese, Chickpea Pasta, Cashew Cheese, Asparagus (GF,DF)-

Teriyaki Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Boneless Turkey Breast, Gravy, Pecan Sweet Potato Mash, Garlic Green Beans (GF,DF) -

Grass Fed Beef Meatballs, Polenta, Tomato Basil Sauce, Zucchini (GF) -

Cherry Jam Boneless Pork Chop, Sour Cream and Chive Mashed Potatoes, Broccoli (GF,DF) -

Ropa Vieja (cuban beef) Stuffed Zucchini Boats, with Brown Basmati Rice (GF,DF) - *holben valley beef, shredded with tomato, wine, olives, carrots, celery, cumin*

Asian Ginger Glazed Boneless Chicken Thighs, Fried Rice, Broccoli (GF,DF) -