



WEEK OF *April 28th*

Strawberry Overnight Oats (GF,DF)- *almond milk, strawberries, maple, chia, flax*

Army Chocolate Chip Muffins (GF, DF) - *contains egg, organic coconut sugar, cinnamon*

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

Bacon Cheddar Frittata (GF, contains cheese) - *eggs, rice milk, onion*

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 Cabbage Soup (GF, DF) - *carrots, parsnips, white beans, dill, coriander*

Spanish Chicken Soup (GF,DF) - *grilled chicken, potato, adobo, paprika, carrot, celery*

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

Dinners

VEGAN Brazilian Black Bean Chili, Cornbread, Roasted Cauliflower (GF,DF) -

VEGAN Butternut Squash and Sweet Potato Risotto with Herb Oil (GF,DF) -

Dill Crusted Salmon, Cauliflower Mash, Garlic Green Beans (GF,DF)

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

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

Turkey Taco Bake, Tex Mex Rice, Cheddar, Fresh Salsa, Zucchini, Avo Sauce (GF,DF) -

Salsiccie Al Sugo (sausage braised in tomato), Mashed Potatoes, Carrots and Zucchini (GF,DF) -

Honey Lime BBQ Chicken, Baked Potato, Herb Butter, Broccoli (GF,DF) -