



WEEK OF *May 5th*

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**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**

**Spring Salad with Strawberry Lime Dressing** - *rolling hills salad greens, asparagus, radish, tomato, cucumber, pumpkin seeds*

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

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

**Indian Spiced Turkey Mango Chili (GF,DF)** - *black beans, sweet potato, mango, tomato, peppers*

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

### **Dinners**

**VEGAN Sweet Potato Falafel, Cumin Lime Rice, Grilled Zucchini, Lemon Maple Tahini (GF,DF)** -

**VEGAN General Tso's Baked Cauliflower, Fried Rice, Zucchini and Carrots (GF,DF)** -

**Arugula Walnut Pesto Salmon, Pub Style Potatoes, Asparagus (GF,DF)**

**Boneless Chicken Thigh Cacciatore, Mashed Potatoes (GF,DF)** -

**Apple BBQ Chopped Pork, Baked Beans, Green Onion Corn cakes, Kale (GF,DF)** -

**Greek Turkey Burgers, Cauliflower Mash, Tomato/Cucumber Salad, Tzatziki (GF,DF)** -

**Honey Buffalo Chicken, Sweet Potatoes, Garlic Green Beans (GF,DF)** -

**Grass Fed Beef and Broccoli, Fried Rice, Sesame Ginger Sauce (GF,DF)** -