



WEEK OF *May 12th*

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

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

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

**Broccoli 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 Classic Tomato Soup (GF, DF)** -

**Beef Stew (GF,DF)** - *lima farms beef, potato, carrot, celery*

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

### **Dinners**

**VEGAN Sweet Potato and Black Bean Enchiladas, Fresh Salsa, Corn Tortilla, Guac Sauce (GF,DF)**

**VEGAN Chickpea Burgers, Dill Tzatziki, Pub Style Potatoes, Carrot and Cucumber Salad (GF,DF)** -

**Blackened Salmon, Cajun Cauliflower Rice, Carrots and Zucchini (GF,DF)**

**Coconut Crusted Chicken Fingers, Coconut Rice, Pineapple Salsa, Broccoli (GF,DF)** -

**Grass Fed "not your kid's" Sloppy Joe, Sweet Potato Mash, Broccoli (GF,DF)** -

**Smothered Boneless Pork Chop, Onion Gravy, Pub Style Potatoes, Corn Medley (GF,DF)** -

**Thai Cashew Chicken, Fried Rice, Garlic Green Beans (GF,DF)** -

**Turkey and Zucchini Burgers, Cauliflower Mash, Carrots and Zucchini, Verde Sauce (GF,DF)** -