



WEEK OF *May 19th*

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

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

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

**Roasted Potato and Chive Frittata (GF, DF)** - *eggs, rice milk, onion*

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

### **Lunches**

**Spring Salad with Citrus Herb Vinaigrette** - *rolling hills salad greens, radish, tomato, cucumber, carrots, sunflower seeds*

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

**VEGAN Fire Roasted Vegetable Soup (GF, DF)** - *tomato, carrot, green beans, corn, sweet potato*

**Peruvian Chicken Soup (GF,DF)** - *grilled chicken, lime juice, rice, potato, carrot*

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

### **Dinners**

**VEGAN Greek Chickpeas over Cauliflower Rice (GF,DF)**

**VEGAN BBQ Lentils, Corn bread, Broccoli (GF,DF)** -

**Honey Garlic Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)**

**Herb Crusted Pork Loin, Garlic Herb Butter, Roasted Potatoes, Asparagus (GF,contains dairy)** -

**Turkey Meatballs, Tomato Basil Sauce, Chickpea Pasta, Zucchini (GF, contains parm)** -

**Mexican Mojo Boneless Chicken Thighs, Verde Rice, Avocado Aioli, Garlic Green Beans (GF,DF)** -

**Mom's Grass Fed Bourbon Glazed Meatloaf, Sour Cream Chive Mashed Potatoes, Broccoli (GF,contain dairy)** -

**Dragon Chicken Bowl - Grilled Chicken, Broccoli, Snap Peas, Fried Rice, Almond Lime Sauce (GF,DF)** -

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