



WEEK OF *May 26th*

Pumpkin Pie Overnight Oats (GF,DF)- *almond milk, pumpkin, maple, chia, flax, cinnamon*

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

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

Asparagus and Tomato 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 Moroccan Carrot Bisque (GF, DF) - *carrots, ginger, cardamom, coconut milk, cinnamon*

Chicken and Rice Soup (GF,DF) - *grilled chicken, brown rice, celery, carrot, garlic, parsley*

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

Dinners

VEGAN Chickpea and Sweet Potato Curry, Coconut Rice, Broccoli (GF,DF)

VEGAN French Lentils, White Wine, Tomato, Herbs, Zucchini Noodles (GF,DF) -

Pecan Parsley Salmon, Cauliflower Rice, Zucchini, Peppers, Onion (GF,DF)

Grass Fed Beef Cottage Pie topped with Sour Cream and Chive Mashed Potatoes (GF, dairy) -

Roast Turkey Breast, Maple Sweet Potato Mash, Gravy, Garlic Green Beans (GF, DF) -

Chipotle Lime Chicken Bowl, Beluga Lentils, Tex Mex Rice, Tomato Corn Salsa, Guac Sauce (GF,DF) -

Honey Mustard Grilled Chicken, Roasted Potatoes, Broccoli (GF,DF) - *honey hills apiary honey*

Thai Pork Burgers, Fried Rice, Broccoli, Bang Bang Sauce (GF,DF) -

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