



WEEK OF *June 2nd*

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!*

Broccoli Parmesan Frittata (GF, contains dairy) - *eggs, rice milk, onion, parmesan*

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

Lunches

Strawberry Pecan Spring Salad with Balsamic Vinaigrette - *rolling hills salad greens, strawberries, tomato, cucumber, pecans*

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

VEGAN Lemony Kale Soup and Bean Soup (GF, DF) - *carrots, garlic, thyme, oregano, fresh lemon*

Texas Style Chilli (GF,DF) - *grass fed beef, onion, tomato, smoked paprika*

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

Dinners

VEGAN Sweet Potato Stuffed with Sorghum, Pomegranate, Muhammara, Broccoli (GF,DF)

VEGAN Bourbon Glazed Lentil Walnut Loaf, Mashed Potatoes, Green Beans (GF,DF) -

Chimichurri Salmon, Pub Style Potatoes, Carrots and Zucchini (GF,DF)

Santa Fe Turkey Burgers, Sweet Potato Wedges, Chipotle Lime Mayo, Broccoli (GF,) -

Panko Crusted Baked Chicken Parmesan, Mozzarella, NJ Tomato Sauce, Pasta, Zucchini (GF, contains dairy)

Hibachi Basil Beef Bowl, Baby Bok Choy, Broccoli, Fried Rice, Yum Yum Sauce (GF,DF) -

Pork Tacos Al Pastor, Strawberry Pineapple Salsa, Corn Tortillas, Rice and Beans, Guac Sauce (GF,DF) -

Sticky Chicken Boneless Thighs, Mashed Potatoes, Carrots, Zucchini (GF,DF) -

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