



WEEK OF *June 16th*

Strawberry Overnight Oats (GF,DF) - *almond milk, strawberry, maple, chia, flax*

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

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

Sausage and Roasted Potato (GF, DF) - *eggs, almond milk, onion, oregano*

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

Lunches

Italian Chopped Salad with Italian Dressing - *rolling hills salad greens, cherry tomato, red onion, cucumber, black olives, pepperoncini*

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

VEGAN Strawberry Gazpacho (GF, DF) - *strawberries, watermelon, lime, bell pepper, basil*

Beef Cabbage Soup (GF,DF) - *lima farm beef, carrot, tomato, smoked paprika*

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

Dinners

VEGAN Buddha Bowl with Peanut Lime Sauce (GF,DF) *sweet potatoes, quinoa, bok choy, brussels, broccoli, snow peas*

VEGAN Zesty Herb Falafel, Turmeric Rice, Garlic Green Beans Lemon Maple Tahini, Pickled Red Onion (GF,DF) -

Blackened Salmon, Cauliflower Mash, Garlic Green Beans (GF,DF)

Lemon Dijon Boneless Chicken Thighs, Basmati Brown Rice, Carrots and Zucchini (GF,DF) -

Grass Fed Beef Taco Bowl, Roasted Gold Potatoes, Mexican Grilled Zucchini, Fresh Salsa (GF,DF)

Orange Chicken, Fried Rice, Baby Bok Choy, Broccoli (GF,DF) -

Italian Ground Pork Ragu, GF Pasta, Grilled Zucchini (GF,DF) -

Boarding House Turkey Meatloaf, Mashed Potatoes, Sauce, Broccoli (GF,DF) -

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