



WEEK OF *June 23rd*

Apple Walnut Pie Overnight Oats (GF,DF)- *almond milk, apples,walnuts, cinnamon, 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 Basil Gazpacho (GF, DF) - *strawberries, watermelon, lime, bell pepper, basil*

Ham and Vegetable Soup (GF,DF) - *carrots, celery, turnips, tomato, sweet potato*

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

Dinners

VEGAN Sweet Potato Stuffed with Quinoa, Brussels, Apples, Kale, Cranberry Oat Yogurt (GF,DF)

VEGAN Sicilian Lentils with Pesto Alla Trapanese over Zucchini Noodles (GF,DF) -

Lemon Herb Salmon, Rice Pilaf, Carrots and Zucchini (GF,DF)

Chimichurri Grass Fed Steak, Pub Style Potatoes, Broccoli (GF,DF) -

Turkey Meatballs, GF Pasta, Tomato Basil Sauce, Carrots and Zucchini (GF,contains dairy)

Raspberry Balsamic Boneless Pork Chop, Roasted Root Vegetables, Brussel Sprouts (GF,DF) -

Pineapple BBQ Chicken Breast, Basmati Brown Rice, Pineapple Salsa, Broccoli (GF,DF) -

Roasted Boneless Chicken Thighs, Gravy, Sour Cream Chive Mashed Potatoes, Roasted Corn (GF,contains dairy) -