



WEEK OF *June 30th*

HEAT WARNING. EVERYTHING WILL BE DOUBLE ICED, PLEASE BE HOME OR COOLERS OUT
Apple Walnut Pie Overnight Oats (GF,DF)- *almond milk, apples, walnuts, cinnamon, maple, chia, flax*

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

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

Summer Squash and Oregano Frittata (GF, DF) - *eggs, almond milk, onion, oregano, summer squash*

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

Lunches

Blueberry Cucumber Salad, Balsamic Dressing- *rolling hills salad greens, nj blueberries, pecans, mint*

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

VEGAN Watermelon Cucumber Gazpacho (GF, DF) - *watermelon, cucumber, lime, bell pepper, parsley*

Cowboy Stew (GF,DF) - *beef, potato, tomato, corn, carrot*

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

Dinners

VEGAN Mango and Black Bean Mole over Coconut Milk Polenta (GF,DF)

VEGAN Summer Vegetable Risotto with Lemon Sauce (GF,DF) - *peas, corn, carrots, radish, squash, green onion, parsley*

Ginger Teriyaki Salmon, Fried Rice, Broccoli (GF,DF)

Korean Ground Turkey Bowl, Fried Rice, Carrot and Cucumber Salad, Ginger Sauce (GF,DF) -

Brown Sugar BBQ Pork Loin, Texas Baked Beans, Corn and Green Bean Medley (GF,DF)

Pecan Panko Crusted Chicken Tenders, Pub Style Potatoes, Broccoli, Honey Mustard (GF,DF) -

Grilled Chicken Caprese, Walnut Basil Pesto, Mozzarella, Tomatoes, Roasted Corn, Roasted Potatoes (GF) *can be dairy free

BBQ Cheeseburger Stuffed Peppers, Carrots, Zucchini (GF) *can be dairy free- *lima farms grass fed beef patty, basmati brown rice, herbs, topped with tomato, cheddar and bbq sauce*

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