



WEEK OF *July 7th*

SURVEY GOING OUT THIS WEEKEND. PLEASE FILL OUT TO HELP US MAKE YOUR EXPERIENCE THE BEST EVER! THANK YOU!

Blueberry Overnight Oats (GF,DF)- *almond milk, blueberry, maple, chia, flax*

Army Chocolate Chip Muffins (GF, DF) - *contains egg, organic coconut sugar, cinnamon*

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 Strawberry Basil Gazpacho (GF, DF) - *watermelon, cucumber, lime, bell pepper, basil*

Spanish Chicken Soup (GF,DF) - *chicken, potato, adobo, lime, carrot, celery, smoked paprika*

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

Dinners

VEGAN Brazilian Black Bean Chili, GF Country Cornbread, Broccoli (GF,DF)

VEGAN Cauliflower Bolognese, Cashew Cheese, GF Pasta, Zucchini (GF,DF) -

Herb Crusted Salmon, Dill Yogurt Sauce, Hassleback Potatoes, Broccoli (GF,DF)

Mom's Roast Beef, Mashed Potatoes, Gravy, Corn on the Cob (GF,DF) -

Grilled Chicken Pot Pie with Puff Pastry (DF) - *chicken, carrots, celery, sweet potato, corn, green beans*

Greek Turkey Burgers, Cauliflower Mash, Tomato Cucumber Salad, Tzatziki (GF,DF) -

Lemon Parmesan Chicken Tenders, Garlic Parsley Mashed Potatoes, Carrots, Zucchini (GF)

Fire Braised Sweet Chili Lime Pork Tacos, Pineapple Salsa, Verde Rice, Corn Tortillas (GF,DF)