



WEEK OF *July 14th*

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!*

Sausage, 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

Greek Salad and Dressing- *rolling hills salad greens, tomatoes, cucumbers, oregano, shredded carrot, kalamata olives*

***NEW* Chicken or Vegan Peach Spring Roll with Peanut Lime Sauce (GF, DF)** *mixed greens, peaches, cucumber, carrot*

VEGAN Watermelon Mint Gazpacho (GF, DF) - *watermelon, cucumber, lime, bell pepper, mint*

Indian Spiced Turkey Mango Chili (GF,DF) - *black beans, mango, sweet potato, tomato, peppers*

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

Dinners

VEGAN Sweet Potato Falafel, Cumin Lime Rice, Broccoli, Lemon Maple Tahini (GF,DF)

VEGAN General Tso's Cauliflower, Fried Rice. Zucchini (GF,DF) -

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

Roasted Turkey Breast, Gravy, Pecan Sweet Potato Mash, Garlic Green Beans (GF,DF) -

Grass Fed Beef Enchiladas, Tex Mex Rice, Fresh Salsa, Guac Sauce (GF,DF) - *lima farms beef, black beans, tomatoes, corn, bell peppers*

Korean Ginger BBQ Boneless Chicken Thighs, Fried Rice, Broccoli (GF,DF) -

Blueberry Gastrique Boneless Pork Chops, Mashed Potatoes, Broccoli (GF,DF)

Honey Lime BBQ Chicken, Baked Potato, Herb Butter, Carrots Zucchini (GF)

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