



WEEK OF *July 28th*

Peach Pie Overnight Oats (GF,DF)- *almond milk, peaches, maple, chia, cinnamon, vanilla*

Peach Muffins (GF, DF) - *contains egg, peaches, organic coconut sugar, cinnamon, dairy free yogurt*

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

Broccoli Cheddar Frittata (GF) - *eggs, almond milk*

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

Lunches

Blueberry Pecan Salad and Honey Balsamic Dressing- *rolling hills salad greens, blueberries, cucumbers, dried cranberries, pecan*

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

VEGAN Blueberry Gazpacho (GF, DF) - *blueberry, watermelon, cucumber, lime, bell pepper*

Peruvian Chicken Soup (GF,DF) - *grilled chicken, lime juice, rice, potato, carrots, cilantro*

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

Dinners

VEGAN BBQ Lentils, Cornbread, Zucchini (GF,DF)

VEGAN Chickpea Burgers, Dill Tzatziki, Pub Style Potatoes, Carrot and Cucumber Salad (GF,DF) -

Dill Crusted Salmon, Cauliflower Mash, Corn Medley (GF,DF)

Grass Fed Cowboy Salisbury Steaks, Sour Cream Chive Mashed Potatoes, Gravy, Corn on the Cob (GF,DF) -

Santa Fe Turkey Burger , Sweet Potato Wedges, Avo Chipotle Mayo, Cauliflower (GF,DF) -

Boneless Thigh Chicken Cacciatore over Mashed Potatoes (GF,DF) -

Coconut Crusted Chicken , Pineapple Salsa, Coconut Rice, Pina Colada Sauce, Broccoli (GF,DF)

Puerco en Salsa, Frijoles con Veneno, Sopa de Arroz (GF,DF) - *Pork braised in fresh salsa, refried pinto beans, and rice with veggies*

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