



WEEK OF *Aug 4th*

Coconut Milk Mocha Overnight Oats (GF,DF)- *coconut milk, dark chocolate, maple, chia, coffee*

Corn and Blueberry Muffins (GF, DF) - *contains egg, nj corn, organic coconut sugar, nj blueberries*

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 Peach Spring Roll with Peanut Lime Sauce (GF, DF)** *mixed greens, carrot, cucumber, peach*

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

Texas Style Chili (GF,DF) - *mostly beef, some beans*

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

Dinners

VEGAN Greek Chickpeas over Cauliflower Rice (GF,DF)

VEGAN French Lentils, Tomatoes, Herbs, White Wine, Zucchini Noodles (GF,DF) -

Honey Garlic Salmon, Fried Rice, Asparagus (GF,DF)

Grilled Blackened Chicken Chunks, Romesco Sauce, Spanish Rice, Carrots, Zucchini (GF,DF) -

Turkey and Zucchini Burgers, Cauliflower Mash, Green Beans, Verde Sauce (GF,DF) -

Thai Cashew Chicken, Fried Rice, Broccoli (GF,DF) -

Grass Fed "not your kids" Sloppy Joe, Sweet Potato Mash, Broccoli (GF,DF)

Smothered Boneless Pork Chop, Pub Style Potatoes, Onion Gravy, Corn Medley (GF,DF) -