



WEEK OF *Aug 11th*

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!*

Sausage, Zucchini, Roasted Potato Frittata (GF, DF) - *eggs, almond milk*

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

Lunches

Peach and Tomato Salad with Honey Vinaigrette *rolling hills salad greens, peaches, tomato, sunflower seeds*

****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*

Grilled Chicken Soup (GF,DF) - *potato. corn, carrot, celery, parsley, lemon*

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

Dinners

VEGAN Polenta Lasagna, Kale, Lentils, Zucchini, Tomato Basil Sauce (GF,DF)

VEGAN Mexican Stuffed Zucchini Boats, Taco Quinoa, Black Beans, Corn, Fresh Salsa (GF,DF) -

Fiesta Salmon, Coconut Rice, Pineapple Mango Salsa, Zucchini (GF,DF)

Roasted Garlic Chicken Thighs, Sour Cream and Chive Mashed Potatoes, Broccoli (GF) -

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

Summer Chicken Caprese, Heirloom Tomato, Roasted Corn, Mozzarella, Basil Pesto, Roasted Potatoes (GF)

Peach BBQ Pulled Pork, Baked Beans, Corn on the Cob, Cider Slaw (GF,DF)

Grass Fed Beef and Broccoli, Fried Rice, Sesame Ginger Sauce (GF,DF) -