



WEEK OF *Aug 18th*

HELPFUL FOODIE WILL BE CLOSED THE WEEK OF AUGUST 25th

Peach Pie Overnight Oats (GF,DF)- *almond milk, oats, peaches, vanilla, flax, chia seeds, pecans*

Honey Corn Muffins (GF, DF) - *contains egg, nj corn, organic coconut sugar, honey, olive oil*

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

Heirloom Tomato and Basil Frittata (GF, DF) - *eggs, almond milk*

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

Lunches

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

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

VEGAN Peach Gazpacho (GF, DF) - *peaches, watermelon, cucumber, lime, bell pepper*

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

Dinners

VEGAN Ratatouille Risotto, Tomato Basil Sauce (GF,DF) - *heirloom tomato, eggplant, bell pepper, squash*

VEGAN Honey Buffalo Cauliflower, Sweet Potato, Avocado Crema, Corn on the Cob (GF,DF) -

Almond Quinoa Crusted Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Turkey Meatballs, Heirloom Tomato Basil Sauce, GF Pasta, Carrots and Zucchini (GF) -

Thai Pork Burgers, Fried Rice, Broccoli, Bang Bang Sauce (GF,DF) -

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

Honey Peach Chicken Thighs, Roasted Peaches, Grilled Zucchini, Brown Basmati Rice (GF,DF)

Mom's Grass Fed Bourbon Glazed Meatloaf, Sour Cream and Chive Mashed Potatoes, Corn on the Cob (GF) -

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