



WEEK OF *Sept 8th*

Peach Pie Overnight Oats (GF,DF)- *almond milk, peach, maple, chia, flax, oats, pecans*

Army Chocolate Chip Muffins (GF, DF) - *contains egg, cinnamon*

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

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

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

Lunches

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

****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*

Grilled Chicken Soup (GF,DF) - *potato, carrot, celery, parsley, lemon, green beans*

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

Dinners

VEGAN Chickpea and Sweet Potato Green Curry, Coconut Rice, Green Beans (GF,DF)

VEGAN Cabbage Rolls with Tangy Tomato Sauce (GF,DF) -

Dill Crusted Salmon, Cauliflower Mash, Tzatziki, Carrots and Zucchini (GF,DF)

Lemon Garlic Boneless Chicken Thighs, Basmati Brown Rice, Carrots and Zucchini (GF,DF) -

Pesto Peach Chicken Breast, Fresh Corn Medley, Roasted Potatoes (GF) -

Boarding House Turkey Meatloaf, Mashed Potatoes, Sauce, Broccoli (GF,DF)

Boneless Teriyaki Pork Chop, Fried Rice, Broccoli (GF,DF)

Grass Fed Beef Taco Bowl, Fresh Tomato Salsa, Tex Mex Rice, Zucchini, Avocado Sauce (GF,DF) -