



WEEK OF *Sept 15th*

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

Peach Muffins (GF, DF) - *contains egg, cinnamon....last call for peaches*

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

Tomato and Parsley Frittata (GF, DF) - *eggs, almond milk, onion*

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

Lunches

Apple Walnut Salad with Cider Vinaigrette - *rolling hills salad greens, apples, cucumber, walnut, dried cranberries*

****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*

Cowboy Stew (GF,DF) - *grass fed beef, potato. carrot, corn, tomato*

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

Dinners

VEGAN Buddha Bowl with Peanut Lime Sauce (GF,DF) - *sweet potatoes, quinoa, broccoli, snap peas, brussels*

VEGAN Bourbon Glazed Lentil Walnut Loaf, Cauliflower Mash, Broccoli, Sauce (GF,DF) -

Chimichurri Salmon, Roasted Potatoes, Green Beans (GF,DF)

Korean Ground Turkey Bowl, Fried Rice, Carrot and Cucumber Salad, Ginger Sauce (GF,DF) -

Honey Mustard Grilled Chicken, Roasted Potatoes, Carrots and Zucchini (GF,DF) -

Chipotle Lime Chicken Bowl, Beluga Lentils, TexMex Rice, Tomato Corn Salsa, Guac Sauce (GF,DF)

BBQ Pulled Pork Tacos, Peach Salsa, Sweet Potato Wedges, Corn Tortillas (GF,DF)

Burgundy Beef Boneless Short Ribs, Sour Cream Chive Mashed Potatoes, Gravy, Broccoli (GF) -

helpfulfoodie.com