



WEEK OF *Sept 8th*

Apple Pie Overnight Oats (GF,DF) - *almond milk, walnuts, apples, maple, chia, cinnamon, nutmeg*

Pumpkin Muffins (GF, DF) - *contains egg, cinnamon, nutmeg*

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

Roasted Zucchini Frittata (GF, DF) - *eggs, almond milk, oregano, onion*

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

Lunches

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

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

VEGAN Watermelon Mint Gazpacho (GF, DF) - *watermelon, cucumber, lime, bell pepper*

Ham and Vegetable Soup (GF,DF) - *potato. carrot, celery, tomato, bay, thyme*

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

Dinners

VEGAN Sweet Potato Stuffed with Quinoa, Apple, Brussels, Kale, Cranberry Oat Yogurt (GF,DF)

VEGAN Sicilian Lentils, Heirloom Tomato, Pesto alla Trapanese over Zucchini Noodles (GF,DF)

Lemon Herb Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Roasted Turkey Breast, Maple Sweet Potato Mash, Gravy, Garlic Green Beans (GF,DF) -

Sticky Chicken Boneless Thighs, Mashed Potatoes, Carrots and Zucchini (GF,DF) -

Hibachi Steak Bowl, Fried Rice, Broccoli, Yum Yum Sauce (GF,DF) - *tender beef marinated w/ginger, lime, garlic, aminos*

Italian Ground Pork Ragu, GF Pasta, Zucchini (GF) - *braised with red wine, tomato, vegetables and herbs with a touch of parmesan*

Northern Italian Herb Chicken Breast , Vegetable Risotto, Broccoli (GF,DF) -

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