



WEEK OF *Oct 6th*

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**Pumpkin Overnight Oats (GF,DF)**- *almond milk, pumpkin, maple, chia, flax, oats, cinnamon, nutmeg*

**Blueberry Muffins (GF, DF)** - *contains egg, nj blueberries*

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

**Sausage and Potato Frittata (GF, DF)** - *eggs, almond milk, oregano, onion*

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

### **Lunches**

**Mixed Greens Salad with Carrot Ginger Dressing** - *rolling hills salad greens, tomato, cucumber, cabbage, sunflower seeds*

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

**VEGAN Heirloom Tomato Soup (GF, DF)** - *classic, smooth, comforting*

**Indian Spiced Turkey Mango Chili (GF,DF)** - *black beans, mango, tomato, sweet potato, peppers*

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

### **Dinners**

**VEGAN Sweet Potato Falafel, Cumin Lime Rice, Lemon Maple Tahini, Cucumber Tomato Salad (GF,DF)** -

**VEGAN General Tso Baked Cauliflower, Fried Rice, Carrot and Zucchini (GF,DF)**

**Blackened Salmon, Cauliflower Mash, Roasted Butternut Squash (GF,DF)**

**Turkey Meatballs, Tomato Basil Sunday Sauce, GF Pasta, Zucchini (GF)** - *contain parmesan*

**French Onion Beef, Hasselback Potatoes, Broccoli, Au Jus (GF,DF)** -

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

**Pineapple BBQ Chicken Breast, Jasmine Rice, Pineapple Salsa, Garlic Green Beans (GF,DF)** -

**Roast Garlic Herb Chicken Thighs, Mashed Potatoes, Gravy, Corn on the Cob (GF,DF)** -