



WEEK OF *Oct 13th*

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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 Greek Salad** - *rolling hills salad greens, greek dressing, tomato, cucumber, kalamata olives, sunflower seeds, chickpeas, red onion*

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

**VEGAN Fire Roasted Vegetable Soup (GF, DF)** - *classic, smooth, comforting*

**Spanish Chicken Soup (GF,DF)** - *grilled chicken, potato, adobo, carrot, celery, lime, smoked paprika*

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

### **Dinners**

**VEGAN Brazilian Black Bean Chili, Cornbread, Roasted Cauliflower (GF,DF)** -

**VEGAN Roasted Butternut Squash Risotto, Parsley Lemon Pesto, Asparagus (GF,DF)**

**Baked Salmon, Yogurt Dill Sauce, Cauliflower Mash, Green Beans (GF,DF)**

**Chimichurri Steak, Pub Style Potatoes, Broccoli (GF,DF)** - *with side of chimichurri*

**Santa Fey Turkey Burgers, Sweet Potato Wedges, Chipotle Mayo, Broccoli (GF,DF)** -

**Pork Tacos Al Pastor, Pineapple Salsa, Rice and Beans, Corn Tortillas, Guac Sauce (GF,DF)**

**Panko Baked Chicken Parmesan, Mozzarella, Sunday Sauce, Pasta, Grilled Zucchini (GF)** - *contains dairy*

**Lemon Garlic Chicken Thighs, Lemon Sauce, Jasmine Rice, Carrots and Zucchini (GF,DF)** -