



WEEK OF *Oct 20th*

Strawberry Overnight Oats (GF,DF)- *almond milk, strawberry, maple, chia, flax, oats*

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

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

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

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

VEGAN Pumpkin Bisque (GF, DF) - *coconut milk, cinnamon, nutmeg*

Beef Stew (GF,DF) - *lima farm beef, potato, carrot, celery, green beans*

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

Dinners

VEGAN Vegetable Korma, Coconut Milk Jasmine Rice (GF,DF) -

VEGAN Sweet Potato and Black Bean Burgers, Cauliflower Mash, Fresh Salsa (GF,DF)

Teriyaki Salmon, Fried Rice, Broccoli (GF,DF)

Turkey, Apple, Cranberry, Kale, Rice Stuffed Sweet Potato (GF,DF) -

Pecan Panko Crusted Chicken Tenders, Honey Mustard, Pub Style Potatoes, Broccoli (GF,DF) -

Grilled Chicken Caprese, Heirloom Tomato, Basil Pesto, Roasted Potatoes, Mozzarella, Roasted Corn (GF,DF)

Puerco en Salsa, Frijoles con Veneno, Sopa de Arroz (GF, DF) - *pasture pork braised in fresh salsa, refried pinto beans, vegetable rice*

Grandma's Grass Fed Beef Bolognese, GF Pasta, Garlic Zucchini and Carrots GF (GF) -

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