



WEEK OF *Oct 27th*

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

Apple Pecan Salad with Cider Dressing - *organic mixed greens, fuji apples, tomato, cucumber, pecans*

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

VEGAN Lemony Kale and White Bean Soup (GF, DF) - *carrots, celery, garlic, thyme, fresh lemon*

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

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

Dinners

VEGAN Greek Chickpeas over Cauliflower Rice (GF,DF) -

VEGAN BBQ Lentils, Cornbread, Zucchini (GF,DF)

Honey Garlic Salmon, Fried Rice, Broccoli (GF,DF)

Coconut Crusted Chicken Fingers, Pineapple Salsa, Jasmine Rice, Broccoli, Pina Colada Sauce (DF, GF) -

Thai Cashew Chicken, Fried Rice, Broccoli (GF,DF) -

BBQ Cheeseburger Stuffed Peppers, Carrots and Zucchini (GF) - *lima farms beef, egg, basmati brown rice, topped with tomato, cheddar, and bbq*

Garlic Herb Butter Boneless Pork Chop, Sour Cream and Chive Mashed Potatoes, Brussel Sprouts, Applesauce (GF) -

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

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