



WEEK OF *Nov 3rd*

Blueberry Overnight Oats (GF,DF)- *almond milk, blueberry, maple, chia, flax, oats*

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

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

Bacon and Potato Frittata (GF,DF) - *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 Sweet Potato, Coconut, Ginger Soup (GF, DF) - *kale, lentils*

Southwest Chicken Corn Chowder (GF,DF) - *chicken, bacon, corn, potato, bell pepper*

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

Dinners

VEGAN Chickpea Burgers, Dill Tzatziki, Jasmine Rice, Carrots and Zucchini (GF,DF) -

VEGAN Sweet Potato Stuffed With Muhammara, Sorghum, Pomegranate, Broccoli (GF,DF)

Almond Quinoa Crusted Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Grass Fed Cowboy Salisbury Steaks, Sour Cream and Chive Mashed Potatoes, Gravy, Broccoli (GF) -

Boneless Thigh Chicken Cacciatore over Mashed Potatoes (GF,DF) - *classic Italian comfort food.....peppers, onions, red wine, crushed tomatoes, mushrooms, olives, carrots*

Korean Turkey Bowl, Fried Rice, Carrot and Cucumber Salad (GF,DF)

Apple BBQ Chopped Pork, Healthy Baked Beans, Roasted Brussel Sprouts (GF,DF) -

Apple Cider Chicken, Cider Sauce, Apple Chutney, Roasted Butternut Squash, Broccoli (DF,GF) -