



WEEK OF *Nov 10th*

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

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

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

Fall Harvest Salad with Lemon Dressing - *organic mixed greens, fuji apples, shaved brussel sprouts, dried cranberries, pomegranate*

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

VEGAN Cabbage and Vegetable Soup (GF, DF) - *carrot, tomato, celery, turnips, dill, white beans*

Texas Chili (GF,DF) - *mostly beef, and some beans*

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

Dinners

VEGAN Buddha Bowl with Peanut Lime Sauce (GF,DF) - *tricolored quinoa, brussels, butternut, sweet potato, beets*

VEGAN Polenta Lasagna, Kale, Tomato Basil Sauce, Lentils, Zucchini (GF,DF)

Blackened Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Herb Crusted Pork Loin, Blueberry Gastrique, Sweet Potato Mash, Carrots and Zucchini (GF,DF) -

Grilled Chicken, Bacon Gravy, Jasmine Rice, Garlic Green Beans (GF,DF) - *topped with crispy bacon*

Mom's Grass Fed Roast Beef, Sour Cream Chive Mashed Potatoes, Broccoli (GF)

Turkey Taco Bake, Tex Mex Rice, Zucchini, Fresh Salsa, Guacamole Sauce (GF,DF) -

Lemon Parmesan Crusted Chicken Tenders, Pub Style Potatoes, Broccoli, Homemade Ranch Sauce (GF) -

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