



WEEK OF *Nov 17th*

Coconut Milk Mocha Overnight Oats (GF,DF)- *coconut milk, coffee scoop coffee, maple, chia, chocolate*

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

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

Sausage, Zucchini and Oregano Frittata (GF,DF) - *eggs, almond milk, onion*

VEGAN Double Chocolate Beet and Apple Muffins (GF, DF) - *contains almond flour*

Lunches

Fall Harvest Salad with Orange Vinaigrette - *organic mixed greens, apples, roasted butternut, beets, sunflower seeds, pomegranate*

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

VEGAN Butternut Apple Bisque (GF, DF) -

Classic Chicken Soup (GF,DF) - *grilled chicken, bone broth, carrots, celery, onions, garlic, parsley*

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

Dinners

VEGAN Butternut and Black Bean Enchiladas, Kale, Corn Tortillas, Fresh Salsa (GF,DF) -

VEGAN Sweet Potato Stuffed With Quinoa, Apples, Brussels, Kale, Cranberry Oat Yogurt (GF,DF)

Lemon Herb Salmon, Cauliflower Mash, Butternut Squash and Green Beans (GF,DF)

Mom's Bourbon Glazed Meatloaf, Sour Cream and Chive Mashed Potatoes, Broccoli (GF) -

Ginger Garlic Glazed Sticky Pork, Pineapple Fried Rice, Broccoli, Ginger Sauce (GF,DF) -

Cranberry Glazed Boneless Chicken Thighs, Rice Pilaf, Carrots and Green Beans (GF,DF)

Greek Turkey Burgers, Roasted Garlic Herb Potatoes, Cucumber and Tomato Salad, Tzatziki (GF,DF) -

Honey Lime BBQ Chicken, Baked Potato, Herb Butter, Applesauce, Carrots and Zucchini (DF) -