



WEEK OF *Dec 15th*

Pumpkin Overnight Oats (GF,DF)- *almond milk, pumpkin, maple, chia, cinnamon, nutmeg*

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

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

Southwest Frittata (GF,DF) - *eggs, almond milk, onion, tomato, black beans*

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

Lunches

Italian Chopped Salad with Italian Dressing- *organic mixed greens, tomato, cucumber, roasted chickpeas, red onion, pepperoncini*

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

VEGAN Fire Roasted Vegetable Soup (GF, DF) - *tomato, sweet potato, green beans, carrot, zucchini*

Cowboy Stew (GF,DF) - *grass fed beef, potato, carrot, corn, tomato*

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

Dinners

VEGAN Mushroom and Green Onion Risotto Stuffed Sweet Potato (GF,DF) - *shallots, white wine and herbs*

VEGAN Lentil Meatballs, Arugula Almond Pesto, Cherry Tomatoes, Zucchini, Chickpea Pasta (GF,DF)

Maple Bourbon Salmon, Mashed Potatoes, Garlic Green Beans (GF,DF)

Roasted Garlic Pork Loin, Blackberry Honey Mustard, Baked Apples, Roasted Potatoes (GF,DF) -

Crunchy Corn Flake Chicken, Sweet Potato Mash, Garlic Green Beans, Local Honey (GF,DF) -

Italian Shepherds Pie - Turkey Bolognese Topped With Creamy Polenta (GF)

Sweet and Sour Citrus Chicken, Pineapple Fried Rice, Broccoli (GF,DF)

BBQ Shredded Beef, Baked Potato, Herb Butter, Broccoli (GF) -

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