



WEEK OF *Dec 22nd*

Happy Holidays! We will be closed the week of the 29th!!

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!*

Bacon, Potato Frittata (GF,DF) - *eggs, almond milk, onion*

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 Coconut Carrot Butternut Bisque (GF, DF) -

Peruvian Chicken Soup (GF,DF) - *fresh lime juice, herbs, potato, rice, carrots, poblano*

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

Dinners

VEGAN Baked General Tso's Cauliflower, Fried Rice, Zucchini (GF,DF) -

VEGAN Mango and Black Bean Mole over Coconut Milk Polenta (GF,DF)

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

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

Grass Fed "not your kids" Beef Sloppy Joe, Mashed Potatoes, Broccoli (GF,DF) -

Teriyaki Boneless Pork Chop, Fried Rice, Broccoli (GF, DF)

Lemon Garlic Boneless Chicken Thighs, Roasted Herb Potatoes, Carrots and Zucchini (GF,DF)

Chicken Tinga Tacos, Tex Mex Rice and Beans, Fresh Salsa, Guacamole Sauce (GF, DF) -

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