



WEEK OF Jan 12th

Strawberry Overnight Oats (GF,DF) - *almond milk, strawberry, maple, chia, flax, organic oats*

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

Greek Salad with Dressing - *organic mixed greens, tomato, cucumber, kalamata olives, red onion, sunflower seeds*

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

VEGAN Butternut Apple Bisque (GF, DF) - *coconut milk, cinnamon, nutmeg*

Beef Stew (GF,DF) - *holben valley beef, potato, carrot, celery, green bean*

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

VEGAN Brazilian Black Bean Chili, VEGAN Cornbread, Roasted Cauliflower (GF,DF) -

VEGAN Greek Chickpeas, Cauliflower Mash, Garlic Green Beans (GF,DF)

Lemon Garlic Salmon, Jasmine Rice, Carrots and Zucchini, Lemon Sauce(GF,DF)

Dragon Chicken Bowl, Fried Rice, Snap Peas, Broccoli, Almond Butter Lime Sauce (GF,DF) -

Santa Fey Turkey Burgers, Sweet Potato Wedges, Chipotle Mayo, Carrots and Zucchini (GF,DF) -

Grass Fed Beef Taco Bowl, TexMex Rice and Beans, Fresh Salsa, Guacamole Sauce (GF, DF)

Italian Ground Pork Ragu, GF Pasta, Zucchini (GF) - *braised with red wine, tomato, vegetables, herbs and parmesan*

Sticky Chicken Boneless Thighs, Mashed Potatoes, Broccoli (GF, DF) -