



WEEK OF *Jan 12th*

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**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)** -