



WEEK OF *Jan 19th*

Breakfast

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

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

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

Broccoli Cheddar Frittata (GF - eggs, almond milk, onion

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

Lunches

New Year Salad with Honey Balsamic Dressing- *organic mixed greens, apples, strawberry, shaved brussel sprouts, sunflower seeds*

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

VEGAN Roasted Vegetable Bisque (GF, DF) - *broccoli, carrots, potato, celery, rosemary, onion*

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

Dinners

VEGAN Herb Falafel, Cumin Lime Rice, Lemon Maple Tahini, Broccoli (GF,DF) -

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

Crunchy Cornflake Chicken, Roasted Potatoes, Local Honey, Broccoli (GF,DF) -

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

Grass Fed "not your kids" Sloppy Joe, Mashed Potatoes, Carrots and Zucchini (GF, DF)

Blueberry Glazed Boneless Grilled Pork Chop, Rice Pilaf, Brussel Sprouts (GF, DF) - *sweet and sour blueberry sauce pairs perfectly with this pasture raised pork*

Boneless Lemon Garlic Chicken Thighs, Rice Pilaf, Carrots and Zucchini (GF, DF) -