



WEEK OF *Jan 26th*

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## WINTER WEATHER MAY FORCE US TO DELIVER ON WEDNESDAY

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

**Pumpkin Muffins (GF, DF)** - *contains egg, organic pumpkin*

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

**Asparagus and Tomato Frittata (GF,DF)** - *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)**

**VEGAN Cabbage and Vegetable Soup (GF, DF)** - *carrot, turnip, dill, tomato, white beans, celery*

**Texas Chili (GF,DF)** - *holben valley beef, black beans*

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

### **Dinners**

**VEGAN Vegetable Korma, Coconut Milk Rice (GF,DF)** - *potato, cauliflower, carrot, green beans*

**VEGAN Sweet Potato and Black Bean Burgers, Cauliflower Mash, Salsa, Garlic Green Beans (GF,DF)**

**Ginger Salmon, Fried Rice, Broccoli (GF,DF)**

**Moms Bourbon Glazed Meatloaf, Sour Cream and Chive Mashed Potatoes, Carrots Zucchini (GF)**

**Pork Tacos Al Pastor, Pineapple Salsa, Rice and Beans, Carrots Zucchini, Corn Tortillas (GF,DF)** -

**Pecan Panko Crusted Chicken Fingers, Honey Mustard, Roasted Potatoes, Butternut (GF, DF)**

**Thai Cashew Chicken, Fried Rice, Broccoli (GF,DF)** -

**Turkey, Apple, Cranberry, Kale, Brown Rice, Stuffed Sweet Potato (GF, DF)** -

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