

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) -