



WEEK OF *Feb 2nd*

Coconut Milk Mocha 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!

Sausage and Zucchini Frittata (GF,DF) - eggs, almond milk, onion

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

Chopped Salad with Fresh Mango Dressing - organic mixed greens, tomato, cucumber, mandarin orange slices, peppadew, red onion

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

VEGAN Sweet Potato, Coconut, Ginger Soup (GF, DF) - coconut milk, lentils, kale, turmeric

Chicken Stew (GF,DF) - chicken, potato, carrot, celery, green beans

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

VEGAN Buddha Bowl, Peanut Lime Sauce(GF,DF)-quinoa, brussels, parsnips, sweet potato, cauliflower

VEGAN BBQ Lentils, VEGAN Cornbread, Grilled Zucchini (GF,DF) - housemade bbq

Lemon Dijon Salmon, Cauliflower Mash, Roasted Vegetable Medley (GF,DF)

Pineapple BBQ Chicken Breast, Roasted Butternut Squash, Cider Slaw, Corn Medley (GF,DF) -

French Onion Beef, Sour Cream and Chive Mashed Potatoes, Broccoli, Au Jus (GF) -

Puerco en Salsa, Frijoles con Veneno, Sopa de Arroz (GF, DF) - tender pasture pork braised in fresh salsa, healthy refried pinto beans, vegetable rice **new foodie favorite**

Italian Ground Turkey and Veggie Skillet over Jasmine Rice (GF,DF) - tomato, zucchini, basil, oregano, bell pepper, garlic

Roasted Garlic Boneless Chicken Thigh, Gravy, Roasted Potatoes, Carrots, Zucchini (GF, DF)