



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)

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