



WEEK OF *Feb 9th*

Coconut Milk Mocha Overnight Oats (GF,DF) - *coconut milk, cacao, maple, chia, flax, coffee, chocolate*

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 Classic Tomato Soup (GF, DF) -

Southwest Chicken Corn Chowder (GF,DF) - *chicken, potato, celery, bell pepper, corn, almond milk*

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

VEGAN Polenta Lasagna, Kale, Sunday Sauce, Lentils, Zucchini (GF,DF)

VEGAN Sweet Potato Stuffed with Muhammara, Sorghum, Pomegranate, Broccoli (GF, DF)

Chimichurri Steak, Pub Style Potatoes, Broccoli (GF,DF)

Sicily Style Pork Loin Marsala, Mashed Potatoes, Green Bean Almondine (GF,DF) -

Turkey Meatballs, Sunday Sauce, GF Pasta, Broccoli (GF) -

Coconut Crusted Chicken Tenders, Pineapple Salsa, Jasmine Rice, Pina Colada Sauce, Butternut Squash (GF, DF) -

Cranberry Cherry Glazed Chicken Thighs, Roasted Brussel Sprouts, Rice Pilaf (GF,DF) -

Pecan Parsley Crusted Salmon, Cauliflower Mash, Carrots and Zucchini (GF, DF)