



WEEK OF *Feb 16th*

Apple Pie Overnight Oats (GF,DF) - *almond milk, fuji apples, maple, chia, flax, organic oats*

Carrot Cake Muffins (GF, DF) - *contains egg, carrots, pineapple*

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

Broccoli Parmesan Frittata (GF) - *eggs, almond milk, onion, parmesan*

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

Mixed Greens Salad with Carrot Ginger Dressing - *organic mixed greens, tomato, cucumber, broccoli, dried cranberries*

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

VEGAN Carrot Ginger Bisque (GF, DF) -

Ground Turkey and Vegetable Soup (GF,DF) - *turkey, bone broth, carrot, celery, potato, onion, tomato, corn, green beans*

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

VEGAN Sweet Potato and Black Bean Enchiladas, Tex Mex Rice, Kale, Fresh Salsa, Corn Tortilla (GF,DF) -

VEGAN Honey Buffalo Cauliflower Stuffed Sweet Potato, Applesauce, Grilled Zucchini (GF,DF) -

Blackened Salmon, Spanish Rice Pilaf, Broccoli (GF,DF)

Grass Fed Beef Cottage Pie with Mashed Potato Top (GF,DF) -

Boneless Chicken Thigh Cacciatore over Mashed Potatoes (GF, DF) -

Korean Ground Turkey Bowl, Fried Rice, Carrot and Cucumber Salad, Ginger Sauce (GF, DF) -

Brown Sugar BBQ Boneless Pork Loin, Healthy Baked Beans, Corn Medley (GF,DF) -

Honey Mustard Grilled Chicken, Roasted Potatoes, Broccoli (GF, DF) -
