



WEEK OF *Feb 23rd*

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

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

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

Bacon Cheddar Frittata (GF) - *eggs, almond milk, onion, cheddar*

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 Fire Roasted Vegetable (GF, DF) - *tomato, sweet potato, green beans, zucchini, carrot*

Beef and Cabbage Soup (GF,DF) - *lima farm beef, cabbage, lentils, carrots, bell pepper, smoked paprika*

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

Dinners

VEGAN Greek Chickpeas Over Cauliflower Rice (GF,DF) -

VEGAN Sweet Potato Stuffed with Quinoa, Apples, Brussels, Kale, Cranberry Oat Yogurt (GF,DF)

Ginger Salmon, Jasmine Rice, Green Beans, Ginger Sauce (GF,DF)

Apple Cider Boneless Chicken Thighs, Baked Apples, Brussels, Butternut, Leeks (GF,DF) -

Grass Fed Cowboy Salisbury Steaks, Mashed Potatoes, Broccoli (GF, DF) -

Garlic Herb Butter Boneless Pork Chop, Jasmine Rice, Carrots and Zucchini (GF) -

Lemon Parmesan Crusted Chicken Fingers, Pub Style Potatoes, Broccoli, Garlic Aioli (GF) -

Roast Turkey Breast, Sweet Potato Mash. Gravy, Garlic Green Beans (GF, DF) -