



WEEK OF *Feb 23rd*

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**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)** -