



WEEK OF *March 2*

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**Pumpkin Pie Overnight Oats (GF,DF)**- *almond milk, pumpkin, walnuts, maple, chia, flax, organic oats*

**Blueberry Muffins (GF, DF)** - *contains egg, nj blueberries*

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

**Roasted Vegetable Frittata (GF, DF)** - *eggs, almond milk, onion, sweet potato, roma tomato, spinach*

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

### **Lunches**

**Apple Pecan Salad with Balsamic Dressing**- *organic mixed greens, apples, cucumbers, broccoli, dried cranberries*

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

**VEGAN Sweet Potato and Cauliflower Bisque (GF, DF)** - *almond milk*

**Spanish Chicken Soup (GF,DF)** - *potato, tomato, carrots, adobo, garlic, smoked paprika*

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

### **Dinners**

**VEGAN Roasted Butternut and Mushroom Risotto, Asparagus, Parsley Oil (GF,DF)** -

**VEGAN Mexican Zucchini Boats, Taco Quinoa, Black Beans, Corn, Guac Sauce (GF,DF)** -

**Lemon Herb Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)**

**Caribbean Honey Chicken Thighs, Coconut Rice, Black Bean and Pineapple Medley (GF,DF)** -

**Mom's Roast Beef, Mashed Potatoes, Gravy, Broccoli (GF, DF)** -

**Grilled Chicken Caprese, Basil Pesto, Mozzarella Tomato, Roasted Potatoes, Roast Corn (GF)** -

**Turkey Taco Bake, Tex Mex Rice, Zucchini, Fresh Salsa, Guac Sauce (GF,DF)** -

**Thai Pork Burgers, Fried Rice, Broccoli, Bang Bang Sauce (GF, DF)** -

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