



WEEK OF *March 9th*

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

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

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

**Sausage and Roasted Potato Frittata (GF)** - *eggs, almond milk, onion, sausage, potatoes*

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

### **Lunches**

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

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

**VEGAN Broccoli Bisque (GF, DF)** - *pureed...carrot, potato, dill, celery, apple cider vinegar*

**Cowboy Stew (GF,DF)** - *lima farms beef, potato, tomato, corn, carrot*

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

### **Dinners**

**VEGAN Sicilian Lentils, Pesto Alla Trapanese, Asparagus, Zucchini Noodles (GF,DF)** -

**VEGAN Sweet Potato Falafel, Cumin Lime Rice, Garlic Green Beans, Maple Tahini (GF,DF)** -

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

**Grilled Chicken, Bacon Gravy, Pub Style Potatoes, Broccoli (GF,DF)** -

**Mom's Bourbon Glazed Meatloaf, Sour Cream and Chive Mashed Potatoes, Broccoli (GF)** -

**Greek Turkey Burgers, Rice Pilaf, Tomato and Cucumber Salad, Tzatziki Sauce (GF, DF)** -

**Salsiccia Al Sugo (sausage braised in tomato), Polenta, Zucchini and Carrots (GF,DF)** -

**Lemon Garlic Boneless Chicken Thighs, Jasmine Rice, Green Beans, Lemon Sauce (GF, DF)** -