



WEEK OF *March 16th*

Strawberry Overnight Oats (GF,DF)- *almond milk, strawberry, 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, almond 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

Italian Chopped Salad - *organic mixed greens, tomato, cucumber, roasted chickpeas, pepperoncini*

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

VEGAN Butternut Apple Bisque (GF, DF) -

Peruvian Chicken Soup (GF,DF) - *fresh lime juice, poblano, potato, herbs, rice, carrots*

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

Dinners

VEGAN Lentil Walnut Loaf, Mashed Potatoes, Asparagus, Zesty Sauce (GF,DF) -

VEGAN Chickpea and Butternut Tagine, Coconut Rice, Garlic Green Beans (GF,DF) -

Salt and Pepper Salmon, Dill Yogurt Sauce, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Dragon Chicken Bowl, Fried Rice, Almond Butter Lime Sauce, Broccoli, Snap Peas (GF,DF) -

Cuban Mojo Pork Tacos, Pineapple Salsa, Cilantro Lime Rice, Corn Tortillas (GF,DF) -

Italian Shepherds Pie - Turkey Bolognese Topped With Creamy Polenta (GF) -

Sticky Chicken Thighs, Roasted Potatoes, Sticky Sauce, Garlic Green Beans (GF,DF) -

Grass Fed "not your momma's Sloppy Joe, Mashed Potatoes, Broccoli (GF, DF) -