



WEEK OF *March 23*

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**Strawberry Overnight Oats (GF,DF)**- *almond milk, strawberries, maple, chia, flax, organic oats*

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

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

**Sweet Potato and Pepper Frittata (GF)** - *eggs, almond milk, onion, red bell pepper*

**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 Lemony Kale and White Bean Soup (GF, DF)** - *carrots, celery, thyme, fresh lemon*

**Indian Spiced Turkey Mango Chili (GF,DF)** - *turkey, black beans, mango, sweet potato, bell pepper, tomato*

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

### **Dinners**

**VEGAN Sweet Potato Tacos, Quinoa, Red Pepper Salsa, Cilantro Lime Crema, Corn Tortilla (GF,DF)** -

**VEGAN Positano Lentil Bolognese, Zucchini Noodles, Cashew Parm (GF,DF)** -

**Blackened Salmon, Spanish Rice Pilaf, Carrots and Zucchini (GF,DF)**

**Sweet and Sour Chicken, Caramelized Pineapple Rice, Broccoli (GF,DF)** -

**Herb and Garlic Crusted Pork Loin, Applesauce, Sweet Potato Mash, Garlic Green Beans (GF, DF)**

**Cornflake Chicken, Mashed Potatoes, Garlic Green Beans, Local Honey (GF, DF)** -

**Santa Fey Turkey Burger, Roasted Butternut Squash, Roasted Brussels, Chipotle Mayo (GF,DF)** -

**Grass Fed BBQ Shredded Beef, Baked Potato, Herb Butter, Broccoli (GF)** -