



WEEK OF *March 30*

Blueberry Overnight Oats (GF,DF)- *almond milk, nj blueberries, maple, chia, flax, organic oats*

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

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

Asparagus and Tomato Frittata (GF) - *eggs, almond milk, green onion*

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

Lunches

Early Spring Salad with Honey Balsamic- *organic mixed greens, strawberry, shaved brussel sprouts, sunflower seeds*

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

VEGAN Carrot Ginger Bisque (GF, DF) -

Chicken Stew (GF,DF) - *chicken thighs, potato, green beans, carrots, celery*

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

Dinners

VEGAN Brazilian Black Bean Chili, VEGAN Cornbread, Roasted Cauliflower (GF,DF) -

VEGAN Greek Chickpeas and Vegetables, Cauliflower Rice, Garlic Green Beans (GF,DF) -

Pecan Parsley Crusted Salmon, Cauliflower Mash, Asparagus (GF,DF)

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

Honey Mustard Grilled Chicken, Roasted Potatoes, Garlic Green Beans, Honey Mustard (GF, DF)

Grass Fed Beef Meatballs, Sunday Sauce, GF Pasta, Carrots and Zucchini (GF) -

Boarding House Turkey Meatloaf, Mashed Potatoes, Broccoli, Meatloaf Sauce (GF,DF) -

Lemon Garlic Chicken Thighs, Jasmine Rice, Lemon Sauce, Carrots and Zucchini (GF, DF) -