



WEEK OF *April 27th*

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

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

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

Bacon Zucchini Frittata (GF) - *eggs, almond milk, onion*

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

Lunches

Spring Salad Lemon Honey Vinaigrette- *organic mixed greens, broccoli, asparagus, dried cranberries, 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) - *with coconut milk*

Ground Turkey and Vegetable Soup (GF,DF) - *turkey, bone broth, carrot, potato, tomato, corn, green beans*

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

Dinners

VEGAN Polenta Lasagna, Kale, Sunday Sauce, Lentils, Zucchini (GF,DF) -

VEGAN Black Bean, Sweet Potato, Quinoa Burgers, Roasted Potatoes, Garlic Green Beans, Fresh Salsa, Chipotle Mayo (GF,DF) -

Almond Quinoa Crusted Salmon, Cauliflower Mash, Carrots and Zucchini(GF,DF)

Grilled Chicken Pot Pie Topped With Puff Pastry (DF)

Moms Glazed Grass Fed Beef Meatloaf, Sour Cream and Chive Mashed Potatoes, Broccoli (GF)

Puerco En Salsa, Spanish Veggie Rice, Broccoli (GF) - *tender pasture pork braised in tomatoes, onions, peppers*

Korean Ground Turkey Bowl, Cucumber and Carrot Salad, Fried Rice, Ginger Sauce (GF,DF) -

Lemon Garlic Chicken Thighs, Roasted Potatoes, Carrots and Zucchini, Lemon Sauce (GF, DF) -

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