



WEEK OF *April 6th*

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!*

Bacon and Tomato Frittata (GF) - *eggs, almond milk, 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 Roasted Vegetable Bisque (GF, DF) - *medley of vegetables pureed to yummy*

Southwest Chicken Corn Chowder (GF,DF) - *chicken, bacon, bell pepper, corn, potato, almond milk*

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

Dinners

VEGAN Vegetable Tikka Masala, Coconut Rice (GF,DF) - *broccoli, cauliflower, chickpeas, carrots, butternut, peas*

VEGAN Mushroom and Green Onion Risotto, Asparagus (GF,DF) -

Maui Ginger Salmon, Pineapple Mango Salsa, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Apple BBQ Chopped Pork, Sweet Potato Mash, Brussels, Cider Slaw (GF,DF) -

Honey Buffalo Chicken Stuffed Sweet Potato, Broccoli (GF, DF)

Grass Fed Beef and Broccoli, Fried Rice, Ginger Sauce (GF) -

Roasted Turkey Breast, Mashed Potatoes, Gravy, Garlic Green Beans (GF,DF) -

Boneless Chicken Thigh Cacciatore over GF Pasta (GF, DF) -

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