



WEEK OF *April 13th*

Coconut Milk Mocha Overnight Oats (GF,DF)- *coconut milk, cacao, maple, chia, flax, organic oats, coffee, chocolate*

Army Chocolate Chip Muffins (GF, DF) - *contains egg, cinnamon*

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

Broccoli Parmesan Frittata (GF) - *eggs, almond milk, onion*

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

Lunches

Apple and Roasted Walnut Salad- *organic mixed greens, apples, shaved brussel sprouts, walnuts, cucumber*

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

VEGAN Classic Tomato Soup (GF, DF) -

Texas Style Chili (GF,DF) - *mostly beef, little beans*

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

Dinners

VEGAN Buddha Quinoa Bowl, Peanut Lime Sauce (GF,DF) - *brussels, sweet potato, cauliflower, snap peas*

VEGAN Mango and Black Bean Mole, Coconut Milk Polenta (GF,DF) -

Honey Ginger Salmon, Fried Rice, Asparagus (GF,DF)

Turkey Zucchini Burgers, Roasted Potatoes, Cucumber Tomato Salad, Zhug Yogurt Sauce(GF,DF)

Orange Chicken, Fried Rice, Broccoli (GF, DF)

Southwest BBQ Cheeseburgers, Mashed Potatoes, Carrots and Zucchini (GF) - *topped with tomato and cheddar*

Citrus Chile Pork Loin Roast, Healthy Baked Beans, Corn Medley (GF,DF) -

Chicken Tinga Tacos, Tex Mex Rice, Fresh Salsa, Garlic Green Beans, Guac Sauce, Corn Tortillas (GF, DF) -

helpfulfoodie.com