



WEEK OF *April 20th*

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 Spring Minestrone (GF, DF) - *carrot, celery, chickpeas, lemon, kale, peas*

Spanish Chicken Soup (GF,DF) - *grilled chicken, adobo, potato, carrots, tomato*

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

Dinners

VEGAN Vegetable Korma, Coconut Rice (GF,DF) - *potato, cauliflower, snow peas, carrots, dates*

VEGAN BBQ Lentils, Cornbread, Asparagus (GF,DF) -

Lemon Pesto Salmon, Cauliflower Mash, Asparagus (GF,DF)

Pecan Panko Crusted Chicken Fingers, Roasted Potatoes Honey Mustard, Broccoli (GF,DF)

Teriyaki Grilled Boneless Pork Chop, Pineapple Fried Rice, Broccoli (GF, DF)

Grass Fed Beef Taco Bowl, Sofrito Rice, Fresh Salsa, Zucchini, Chipotle Mayo (GF,DF) -

Turkey Meatballs, Sunday Sauce, GF Pasta, Carrots and Zucchini (GF) -

Roasted Boneless Chicken Thighs, Roasted Vegetables, Gravy, Jasmine Rice (GF, DF) -