



WEEK OF *May 4th*

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 Sweet Potato and Apple Bisque (GF, DF) - *with almond milk*

Peruvian Chicken Soup (GF,DF) - *chicken, rice, poblano, lime, potato, carrot, green onion, herbs*

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

Dinners

VEGAN Cauliflower and Chickpea Masala, Peppers, Onions, Coconut Rice (GF,DF) -

VEGAN Lentil Bolognese, Zucchini Noodles, Cashew Cheese (GF,DF) -

Lemon Dill Salmon, Cauliflower Mash, Garlic Green Beans (GF,DF)

Thai Cashew Chicken, Fried Rice, Broccoli (GF,DF)

French Onion Grass Fed Beef, Sour Cream and Chive Mashed Potatoes, Broccoli (GF)

Italian Ground Pork Parmesan Ragu, Polenta, Zucchini (GF) - *braised for 4 hours with red wine, mirepoix, herbs and tomato...finished with a touch of parmesan*

Margherita Chicken, Pesto, Cauliflower, Salsa Cruda, Roasted Potatoes (GF,DF) -

Turkey, Apple, Kale and Brown Rice Stuffed Sweet Potato, Cranberry Sauce (GF, DF) -