



WEEK OF *May 11th*

Strawberry Overnight Oats (GF,DF)- *almond milk, strawberries, maple, chia, flax, organic oats*

Blueberry Muffins (GF, DF) - *contains egg, blueberries*

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

Roasted Potato and Tomato Frittata (GF) - *eggs, almond milk, onion*

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

Lunches

Strawberry Sunflower Salad with Balsamic Vinaigrette- *Rolling Hills mixed greens, strawberries, mandarin oranges, thin red onion, roasted sunflower seeds*

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

VEGAN Vegetable Soup (GF, DF) - *tomato, carrots, corn, white beans, green beans, potato, parsnips*

Beef and Cabbage Soup (GF,DF) - *Lima farm beef, lentils, carrots, tomato, smoked paprika*

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

Dinners

VEGAN Greek Chickpeas and Veggies over Cauliflower Rice (GF,DF) -

VEGAN Honey Buffalo Cauliflower Stuffed Sweet Potato, Applesauce, Zucchini (GF,DF) -

Blackened Salmon, Sweet Potato Mash, Broccoli (GF,DF)

Chicken Tinga Tacos, Tex Mex Rice and Beans, Fresh Salsa, Guac Sauce (GF,DF)

Grass Fed Steak with Chimichurri, Roasted Red Potatoes, Carrots and Broccoli (GF,DF)

Pineapple BBQ Chicken Breast, Sweet Potato Wedges, Corn Medley (GF,DF) - *fresh pineapple, homemade bbq*

Italian Ground Turkey and Veggie Skillet over jasmine Rice (GF,DF) - *tomato, zucchini, basil, oregano, bell pepper, garlic*

Grilled Pork Chop, Gravy, Applesauce, Mashed Potatoes, Roasted Garlic Green Beans (GF, DF) -

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