



WEEK OF *May 18th*

---

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

**Strawberry Muffins (GF, DF)** - *contains egg, strawberries*

**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 Broccoli Bisque (GF, DF)** - *pureed potato, carrot, dill, celery, apple cider vinegar*

**Farmhouse Chicken Soup (GF,DF)** - *tomato, corn, bell pepper, green beans, carrot*

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

### **Dinners**

**VEGAN Sweet Potato and Black Bean Enchiladas, Kale, Tex Mex Rice, Fresh Salsa (GF,DF)** -

**VEGAN Sicilian Lentils, Pesto Alla Trapanese, Asparagus, Zucchini Noodles (GF,DF)** -

**Ginger Salmon, Fried Rice, Broccoli, Ginger Sauce (GF,DF)**

**Coconut Crusted Chicken Fingers, Pineapple Salsa, Pina Colada Sauce, Sweet Potato Wedges, Broccoli (GF,DF)**

**Roasted Turkey Breast, Sweet Potato Mash, Gravy, Green Beans (GF,DF)**

**Grass Fed Beef Cottage Pie with Sour Cream Chive Mashed Potato Top (GF)** -

**Honey Butter Chicken Thighs, Jasmine Rice, Roasted Carrots and Zucchini (GF,DF)** - *marinated chicken, sweet and tangy sauce*

**Garlic Dijon Crusted Pork Loin, Herb Butter, Roasted Red Potatoes, Asparagus (GF)** -

---

**helpfulfoodie.com**