



WEEK OF *June 1st*

Blueberry Overnight Oats (GF,DF)- *almond milk, nj blueberries, 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!*

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

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

Lunches

Strawberry Roasted Walnut Salad with Mango Vinaigrette- *Rolling Hills mixed greens, strawberries, cucumber, tomato, walnuts*

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

VEGAN Strawberry Gazpacho (GF, DF) - *watermelon, bell pepper, basil, lime*

Cowboy Stew (GF,DF) - *lima farm beef, corn, tomato, potato, green beans*

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

Dinners

VEGAN Mexican Zucchini Boats, Taco Quinoa, Black Beans, Peppers, Corn, Guac Sauce (GF,DF) -

VEGAN Sweet Potato Falafel, Coconut Milk Rice, Garlic Green Beans, Maple Tahini (GF,DF) -

Maple Bourbon Salmon, Cauliflower Mash, Asparagus (GF,DF)

Pork Tacos Al Pastor, Pineapple Salsa, Rice and Beans, Garlic Green Beans, Corn Tortillas (GF,DF)

Air Fried Chicken Parm, GF Pasta, Sunday Sauce, Mozzarella, Zucchini and Carrots (GF)

Peach Jam Boneless Chicken Thighs, Roasted Potatoes, Broccoli (GF,DF) -

Greek Turkey Burgers. Rice Pilaf, Tomato and Cucumber Salad, Tzatziki Sauce (GF,DF) -

Mom's Roast Beef, Mashed Potatoes, Broccoli, Gravy (GF,DF) -