



WEEK OF *June 15th*

Blueberry Overnight Oats (GF,DF)- *almond milk, nj blueberries, maple, chia, flax, organic oats*

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

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

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

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

Lunches

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

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

VEGAN Watermelon Mint Gazpacho (GF, DF) - *watermelon, bell pepper, red onion, lime, mint*

Ground Turkey and Vegetable Soup (GF,DF) -*turkey, carrot, potato, tomato, corn, green bean*

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

Dinners

VEGAN Veggie Burgers, Avocado Mayo, Asparagus, Roasted Sweet Potatoes (GF,DF) -

VEGAN Sweet Potato Tacos, Roasted Red Pepper Salsa, Quinoa, Cilantro Lime Crema, Tortillas (GF,DF) -

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

Dragon Chicken Bowl, Fried Rice, Snap Peas, Broccoli, Peanut Lime Sauce (GF,DF)

Mom's Glazed Meatloaf, Sour Cream and Chive Mashed Potatoes, Broccoli (GF)

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

Lemon Herb Chicken Thighs, Cherry Tomatoes, Carrots and Zucchini, Rice Quinoa Blend (GF,DF)

Brown Sugar BBQ Pork Loin, Healthy Baked Beans, Garlic Green Beans (GF,DF) -

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