



WEEK OF *June 22nd*

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

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

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

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

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

Lunches

Strawberry Blueberry Sunflower Salad with Balsamic Vinaigrette- *Rolling Hills mixed greens, strawberries, cucumber, sunflower seeds*

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

VEGAN Strawberry Lime Gazpacho (GF, DF) - *watermelon, bell pepper, red onion, lime, cucumber*

Carrot Ginger Bisque (GF,DF) -*can be served hot or cold*

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

Dinners

VEGAN Greek Chickpeas and Vegetables, Cauliflower Rice, Asparagus, (GF,DF) -

VEGAN Herb Falafel, Cumin Lime Rice, Lemon Maple Tahini, Broccoli (GF,DF) -

Maui Salmon, Pineapple Salsa, Coconut Rice, Broccoli (GF,DF)

Puerco En Salsa, Refried Beans and Rice, Garlic Green Beans (GF,DF) - *tender cubed pork loin, cooked in tomato, garlic, pepper and lime....chef favorite*

Grass Fed BBQ Beef, Baked Potato, Herb Butter, Corn Medley (GF)

Grilled Chicken Caprese, Roasted Potatoes, Basil Pesto, Mozzarella, Tomato, Corn (GF) -

Santa Fey Turkey Avocado Burgers, Sweet Potato Mash, Chipotle Mayo, Carrots, Zucchini (GF,DF)

Sweet and Sour Chicken, Caramelized Pineapple Fried Rice, Broccoli (GF,DF) -