



WEEK OF *June 29th*

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

Banana Chocolate Walnut Muffins (GF, DF) - *contains egg*

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

Broccoli Cheddar 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 Watermelon Mint Gazpacho (GF, DF) - *watermelon, bell pepper, red onion, lime, cucumber*

Peruvian Chicken Soup (GF,DF) - *fresh lime, carrots, rice, potato, cilantro, cumin*

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

Dinners

VEGAN Vegetable Masala, Coconut Rice (GF,DF) - *tomato, coconut, broccoli, cauliflower, green beans, chickpeas, peas, sweet potato*

VEGAN Mushroom and Spring Onion Risotto, Asparagus (GF,DF) -

Teriyaki Salmon, Cauliflower Mash, Sesame Garlic Green Beans (GF,DF)

Apple BBQ Chopped Pork, Sweet Potato Mash, Carrots, Zucchini, Cider Slaw (GF,DF) -

Grass Fed Beef and Broccoli, Fried Rice, Ginger Sauce (GF,DF)

Chicken Tinga Tacos, Pineapple Salsa, Spanish Quinoa, Zucchini, Corn Tortillas (GF,DF) -

Ground Turkey And Veggie Stir Fry, Basmati Brown Rice (GF,DF) - *carrots, pepper, onions, zucchini, spinach, garlic, ginger*

Crunchy Cornflake Chicken, Mashed Potatoes, Broccoli, Local Honey (GF,DF) -

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