



WEEK OF *July 6th*

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

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

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

Blackberry Blueberry Walnut Salad with Honey Lemon Vinaigrette- *Rolling Hills mixed greens, blackberries, 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*

Beef and Cabbage Soup (GF,DF) - *Holben Valley beef, lentils, carrots, tomato, smoked paprika*

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

Dinners

VEGAN Black Bean and Sweet Potato Burgers, Spanish Rice, Garlic Green Beans. Chipotle Mayo (GF,DF) -

VEGAN Polenta Lasagna, Sunday Sauce, Lentils, Mushrooms, Zucchini (GF,DF) -

Lemon Herb Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Roasted Boneless Chicken Thighs, Pan Gravy, Garlic Green Beans, Roasted Potatoes (GF,DF) -

Grass Fed Beef Meatballs, Sunday Sauce, GF Pasta, Carrots and Zucchini (GF)

Orange Chicken, Fried Rice, Broccoli (GF,DF) -

Boarding House Turkey Meatloaf, Sour Cream and Chive Mashed Potatoes, Broccoli, Meatloaf Sauce (GF) -

Smoky and Sweet Boneless Pork Chops, Bloody Butcher Grits, Zucchini (GF,DF) -

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