



WEEK OF *July 13th*

Mocha Coconut Chocolate Oats (GF,DF)- *coconut milk, cacao, coffee, 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!*

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

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

Lunches

Blueberry Pecan with Honey Lemon Vinaigrette- *Rolling Hills mixed greens, blueberries, cucumber, dried cranberries, pecan*

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

VEGAN Blueberry Gazpacho (GF, DF)-*nj blueberries, watermelon, bell pepper, red onion, lime, cucumber*

Farmhouse Chicken Soup (GF,DF) - *tomato, corn, green beans, carrots, bell pepper, celery*

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

Dinners

VEGAN Honey Buffalo Cauliflower, Baked Sweet Potato, Asparagus (GF,DF) -

VEGAN Chickpea Burgers, Tomato Cucumber Salad, Carrots and Zucchini, Dill Sauce (GF,DF) -

Almond Quinoa Crusted Salmon, Cauliflower Mash, Carrots and Zucchini (GF,DF)

Lemon Garlic Chicken Thighs, Lemon Sauce, Roasted Potatoes, Garlic Green Beans (GF,DF) -

Roasted Pork Loin with Blueberry Gastrique, Roasted Potatoes, Zucchini (GF,DF)

Chipotle Lime Chicken Bowl, Summer Corn, Beluga Lentils, Broccoli, Rice, Red Pepper Hummus Sauce (GF,DF) -

Grass Fed French Onion Beef, Sour Cream Chive Mashed Potatoes, Broccoli (GF) -

Korean Ground Turkey Bowl, Cucumber Carrot Salad, Fried Rice, Ginger Sauce (GF,DF) -