



WEEK OF *July 20th*

Blueberry Overnight Oats (GF,DF)- *almond milk, nj blueberries, 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!*

Bacon and Roasted Potato 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*

Indian Spiced Turkey Mango Chili (GF,DF) - *tomato, sweet potato, black bean, mango, peppers*

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

Dinners

VEGAN Vegetable Korma over Coconut Rice (GF,DF) - *potato, cauliflower, cashews, dates, green bean, zucchini, carrots*

VEGAN BBQ Lentils, Cornbread, Broccoli (GF,DF) -

Blackened Salmon, Cauliflower Mash, Corn Pepper Medley (GF,DF)

Southwest BBQ Cheeseburger Stuffed Peppers, Topped with Tomato, Cheddar, Housemade BBQ Sauce, Corn on The Cobb (GF) -

Turkey Zucchini Burgers, Tomato Cucumber Salad, Roasted Potatoes, Avocado Zhug (GF, DF)

Pecan Panko Crusted Chicken Fingers, Sweet Potato Wedges, Honey Mustard, Broccoli (GF,DF) -

Summer Chicken Pot Pie with Puff Pastry Top (DF) - *carrot, potato, corn, green beans, squash*

Teriyaki Glazed Boneless Pork Chop, Fried Rice, Broccoli (GF,DF) -

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