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April 1-29, 2009

DELIVERY ON APRIL 1

French Barley Salad Healthy whole grain barley, nutty swiss cheese, & a melange of fresh vegetables in a Dijon herb vinaigrette. Can add grilled chicken. **\$8.50 per serving**
Cutlets Adobado Chicken or tofu is baked with our red chile & garlic marinade & served with spicy roasted new potatoes. **\$8.50 per serving**
Asian Noodles Udon noodles are tossed with a soy & sesame sauce with broccoli & shitake mushrooms & your choice of salmon or baked tofu. **\$8.50 per serving**
Quinoa Stuffed Peppers Fresh bell peppers hold a delicious filling with quinoa, black beans, corn, fresh herbs & feta cheese. Can add ground turkey. **\$8.50 per serving**
Deluxe Macaroni & Cheese Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$8.50 per serving**
Bar Harbor Salad Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola **\$6.50**. with added 6 oz chicken breast: **\$8.50**
Soup: Old Fashioned Chicken Noodle **\$5.50 per pint; \$9.50 per quart**
Burrito Mexican Brown Rice & Mole **\$5.50**; with added grilled chicken **\$6.50**
Dessert: Blondies (contain nuts & chocolate) **small (1/2 dozen): \$6.50/ large (1 dozen): \$12**
Side Veggies \$4.75 each: 1 – Haricot Vert / 2 – Sweet Potato Home Fries
a la carte Cutlets (Tofu, Chicken, or Tilapia) \$5.75 each: 1 – Greek Lemon/ 2 – Cranberry Mustard
Deli Salads \$6.50 each: 1 – Real Egg Salad / 2 – Mediterranean Chicken Salad (with artichokes & roasted peppers)
Fresh Fruit & Maple Yogurt Parfait \$6.50 per pint container
Maple Pecan Cranberry Granola \$6.50 per quart container

DELIVERY ON APRIL 8

Spring Vegetable Tarte A crustless quiche with an assortment of fresh spring vegetables & herbs, cheddar & havarti cheese. **\$8.50 per serving**
Cutlets with Matzo Stuffing A festive holiday dish, roasted chicken or tofu cutlets are served over a delicious stuffing with matzo, veggies, raisins & walnuts. **\$8.50 per serving**
Pasta with Spinach & Chickpeas Pasta shells are combined with chickpeas, baby spinach, roasted garlic & cheddarjack cheese. Can add grilled chicken sausage. **\$8.50**
Roasted Vegetable Melange A fabulous blend of root & spring vegetables is roasted with olive oil, a touch of balsamic vinegar & fresh herbs. **\$8.50 per serving**
Lasagne Florentine Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. Can add turkey sausage. **\$8.50 per serving**
Taverna Salad Leafy greens with fresh roasted peppers, tomatoes & garlic, black olives & fresh mozzarella with Italian vinaigrette dressing. **\$6.50**. with added 6 oz chicken breast: **\$8.50**
Soup Summer Squash (a delightful vegetarian pureed soup) **\$5.50 per pt; \$9.50 per quart**
Burrito Potato, Bean & Chile **\$5.50**
Dessert: Apple & Dried Fruit Compote - **\$6.50 per pint; \$12 per quart**
Side Veggies \$4.75 each: 1 – Italian Broccoli/ 2 – Mashed Sweet Potatoes
a la carte Cutlets (Tofu, Chicken or Tilapia) \$5.75 each: 1 -Italian Herb / 2 – Apricot Dijon
Deli Salads: \$6.50 each: 1- Cape Cod Tofu Salad (contains nuts)/ 2 – Dijon Chicken Salad (with roasted peppers & chives)
Fresh Fruit & Maple Yogurt Parfait \$6.50 per pint container
Maple Pecan Cranberry Granola \$6.50 per quart container

DELIVERY ON APRIL 15

Stuffed Potatoes Deluxe A baked Idaho potato holds a luscious filling of broccoli florets, caramelized onions, our low fat Alfredo sauce & sharp cheddar cheese. Can add smoked turkey. **\$8.50 per serving**
Cutlets Teriyaki Chicken or tofu is marinated & baked in our sweet & savory teriyaki sauce, garnished with fresh vegetables & served over basmati rice. **\$8.50 per serving**
Noodle Kugel with Apricot Almond Topping A festive classic dish made healthier with low fat cheeses, pure maple syrup & raisins is topped with apricot preserves & toasted almonds. **\$8.50 per serving**
Turkey or Tofu Balls Mykanos Perfectly spiced ground turkey or tofu balls are smothered in a fabulous tomato mint sauce & served over couscous. **\$8.50 per serving**
Red Chile Enchiladas Corn tortillas are rolled with shredded chicken or homemade refritos (pinto beans) & smothered with our Chimayo red chile (family recipe!), cheese, onions & olives. **\$8.50 per serving**
Farmhouse Spinach Salad Fresh baby spinach with grated carrots, alfalfa sprouts, cucumbers, tomatoes & sharp cheddar & Dijon dressing on the side **\$6.50**. with added 6 oz chicken breast: **\$8.50**
Soup: Thai Chicken Curry **\$5.50 per pint; \$9.50 per quart**
Burrito Black Bean, Rice & Chipotle **\$5.50**
Dessert Blueberry Crumb Cake **small - \$6.50; large - \$12**
Side Veggies \$4.75 each: 1 – Calabacitas (sauteed squash, onions & fresh corn) / 2 – Sour Cream (low fat)Mashed Potatoes
a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 each: 1 -Maple Balsamic/ 2 - Honey Mustard
Deli Salads \$6.50 each: 1 – Italian Fresh Mozzarella Salad 2- Cape Cod Chicken (contains nuts)
Fresh Fruit & Maple Yogurt Parfait \$6.50 per pint container
Maple Pecan Cranberry Granola \$6.50 per quart container

DELIVERY ON APRIL 22

Mango Couscous Salad A tropical taste in midwinter! Couscous with baby spinach & feta cheese is tossed with fresh chunks of mango & a refreshing lime vinaigrette. Can add roast turkey. **\$8.50 per serving**

Cranberry Dijon Cutlets Chicken or tofu is baked in a fruity sauce with cranberries, lemon & dijon mustard, served over brown rice & garnished with roasted red onions. **\$8.50 per serving**

Pasta with Grilled Vegetable Sauce Penne pasta is combined with freshly grilled eggplant, tomatoes, squash & bell peppers & topped with shredded Parmesan cheese. Can add grilled chicken. **\$8.50 per serving**

Entomatadas Corn tortillas are rolled with shredded cheddar & jack cheeses & smothered in a homemade tomato herb sauce. Simple yet delicious! **\$8.50 per serving**

Shepherd's Pie Ground turkey or tofu is sauteed with onions, tomatoes, corn & herbs & topped with cheese-laced mashed new potatoes. **\$8.50 per serving**

Greek Salad Romaine with bell peppers, tomatoes, red onion, Kalamata olives, feta & homemade Greek lemon dressing. **\$6.50. With 6 oz grilled chicken breast: \$8.50**

Soup Santa Fe Chowder (contains dairy - vegetarian) **\$5.50 per pint; \$9.50 per quart**

Burrito Red Chile **\$5.50**

Dessert Coconut Raspberry Oat Bars **½ dozen - \$6.50; 1 dozen - \$12**

Side Veggies **\$4.75 each: 1 - Snaps & Carrots/ 2 - Roast Potato Medley**

a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 each: 1 - Citrus Herb/ 2 - Soy Coconut

Deli Salads **\$6.50 each: 1 - Eggless Tofu Salad / 2 - Fiesta Turkey Salad (roast turkey with corn, black beans, tomatoes)**

Fresh Fruit & Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart**

DELIVERY ON APRIL 29

Fresh Pesto Pasta Salad A Cooking From the Heart original recipe, ditalini pasta is tossed with our homemade fresh basil pesto (contains walnuts), sun dried tomatoes, bell peppers, red onions, olives & fresh mozzarella balls. Can add grilled chicken. **\$8.50 per serving**

Cutlets with Tropical Fruit Salsa Chicken or tofu is baked in a soy coconut sauce & served over rice with a fresh fruit salsa. **\$8.50 per serving**

Spaghetti with Mushroom Marinara A delicious fresh mushroom & herb sauce is served over thin spaghetti with shredded Parmesan cheese. Can add grilled chicken sausage. **\$8.50 per serving**

Honey Mustard Meatloaf with Smashed Potatoes A homey comforting dish of individual meatloaves with a sweet hot honey mustard sauce served alongside sour cream smashed red bliss potatoes. **\$8.50 per serving**

Smothered Green Chile Burritos Flour tortillas are rolled with refried beans & cheese & smothered with our Tex Mex green chile sauce. Can add ground turkey. **\$8.50 per serving**

Nantucket Salad Mixed greens with sugar snap peas, tomatoes, carrots, dried cranberries & roasted sunflower seeds w/sharp cheddar & dijon balsamic dressing on the side. **\$6.50. With 6 oz grilled chicken breast: \$8.50**

Soup Spanish Chick Pea (vegetarian, with vegetables, orange & mint) **\$5.50 per pint; \$9.50 per quart**

Burrito Black Bean & Sweet Potato **\$5.50**

Dessert Heirloom Banana Bread **small- \$6.50; large - \$12**

Side Veggies **\$4.75 each: 1 - Edamame Succotash / 2 - Roasted Rosemary Potatoes**

a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 each: 1 - Citrus Medley / 2 - Ginger Scallion

Deli Salads **\$6.50 each: 1 - Greek Veggie & Feta / 2 - Old Fashioned Tuna**

Fresh Fruit & Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart**

Please note there is a \$5 delivery fee for all orders
Minimum amount for delivery is \$40 (\$45 including delivery fee)

Special requests are available on the entrees **only** for \$5 per request.

Gift Certificates are available! They make fantastic gifts for new moms, any mom or dad (Mother's Day is around the corner, with Father's Day not far behind), and busy people!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more. Single servings are delivered in disposable containers.