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April 1 - 16, 2020

Order all 3 weeks & **PAY by MARCH 27** & delivery is **FREE** Weekly orders must be placed **no later than 5PM Friday** for the upcoming week's delivery. Please specify vegetarian or non where applicable

DELIVERY ON APRIL 1/2

Triple Corn Stuffed Peppers - Bell peppers hold a savory & spicy filling of creamy polenta, roasted & fresh corn with pepperjack cheese. **\$9 per serving vegetarian; \$9.50 ground turkey**

Lemon Tarragon Cutlets - Chicken or tofu cutlets are marinated & baked in a lemon and herb marinade & served over roasted fingerling potatoes. **\$9 per serving**

Sesame Lo Mein - Homemade Chinese egg noodles are topped with fresh stir fried veggies and your choice of chicken or tofu. **\$9 per serving**

Sweet Potato & Barley Chili - A delicious and healthy chili with fresh veggies & a touch of smoky chipotle peppers. **\$9 per serving vegetarian; \$9.50 turkey**

Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with lower fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**

Pomegranate Spinach Salad - Baby spinach with shredded carrots, red bell peppers, grape tomatoes, dried cranberries, toasted almonds with sharp cheddar & a citrus pomegranate dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken**

Soup - Mulligatawny (curried vegetarian red lentil) **\$6 per pint; \$10 per quart**

Burrito - Salsa Verde & Refried Black Beans (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**

Side Veggies - **\$5 each** 1 - Sauteed Kale/ 2 - Sweet Potato Homefries

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Honey Mustard/ 2 - Teriyaki

Deli Salads - **\$7.50 each** 1 - Grilled Artichoke 2 - Dijon Chicken w/Roasted Red Peppers

Fresh Fruit Salad - **\$7 per pint**

Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON APRIL 8/9

Tuscan Rice Salad - Brown rice with a delicious combination of roasted peppers, artichokes, chickpeas, assorted olives, marinated eggplant & fresh mozzarella **\$9 per serving vegetarian; \$9.50 tuna**

Cutlets Marbella - Chicken or tofu is marinated with red wine vinegar, olive oil, capers & oregano, baked with dried plums & cranberries & served over couscous. **\$9 per serving**

Chinese Meatballs - Turkey or tofu balls flavored with garlic, ginger & scallions are served over rice noodles with stir fried vegetables. **\$9 per serving**

Red Bean, Corn & Hominy Stew - A perfect combination of beans, corn & fresh veggies with just the right amount of spice. **\$9 per serving veg; \$9.50 per serving turkey**

Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9 per serving vegetarian; \$9.50 turkey sausage**

Greek Salad - Romaine with peppers, tomatoes, red onion, kalamata olives & feta cheese & our homemade Greek dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup - Turkey Sausage, Spinach & Rice **\$6 per pt; \$10 per quart**

Burrito - Pico de Gallo w/Beans & Cheese **\$6 vegetarian; \$7 grilled chicken**

Side Veggies - **\$5 each** 1 - Italian Broccoli/ 2 - Roasted Fingerling Potatoes

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Asian Sesame/ 2 - Maple Balsamic

Deli Salads - **\$7.50 each** 1 - Real Egg Salad/ 2 - Cape Cod Chicken (contains nuts)

Fresh Fruit Salad - **\$7 per pint**

Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON APRIL 15/16

Broccoli Bleu Quiche – Broccoli florets & sauteed shallots are baked in a golden custard with cheddar & Gorgonzola cheeses. **\$9 per serving**

Cutlets Tzatziki –Chicken or tofu is marinated & baked with lemon juice, olive oil, garlic & herbs & served over rice & orzo pilaf with our Greek yogurt & cucumber sauce. **\$9 per serving**

Pasta with Roasted Asparagus –Penne is combined with fresh roasted asparagus & cherry tomatoes, garlic, Parmesan & fresh herbs. **\$9 per serving vegetarian; \$9.50 with grilled chicken**

Tia Carmen's Enchiladas - Flour tortillas are rolled with cheese, onions & olives and drenched in our authentic New Mexican red chile sauce. **\$9 per serving vegetarian; \$9.50 with ground turkey.**

Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with sour cream & chive mashed potatoes. **\$9 per serving**

Bar Harbor Salad - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup –Three Sisters (w/corn, beans & squash) **\$6 per pint; \$10 per quart**

Burrito – Black Bean & Sweet Potato **\$6.50 vegetarian; \$7.50 grilled chicken**

Side Veggies - **\$5 each** **1** –Roasted Brussels Sprouts/ **2** – Mashed Sweet Potatoes

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) **1** – Provencale Herb / **2** – Ginger Scallion

Deli Salads - **\$7.50 each** **1** –Roast Garlic Hummus **2** –Mediterranean Chicken

Fresh Fruit Salad - **\$7 per pint**

Maple Pecan Cranberry Granola - **\$7 per quart container**

Please note there is a \$5 delivery fee for all orders unless you order all 3 weeks and I receive your payment by March 27.

Minimum amount for delivery is \$50 (\$55 including delivery fee)

Special requests are available on the entrees only for \$5 per request. This includes non-dairy requests.