

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
email: cookingfth@msn.com Website: www.cookingfth.com

February 3-24, 2010

Delivery on February 3

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 Picante Chicken or tofu is baked in a delicious homemade red salsa, topped with cheddar jack cheese & served over Mexican rice pilaf. **\$8.50 per serving**

Panang Noodles Crisp stir fried vegetables over soba noodles with a delicious Thai curry sauce are topped with baked salmon fillet or chili tofu. **\$8.50 per serving**

Provencale Stuffed Peppers Bell pepper halves are filled with a savory couscous pilaf with onions, tomatoes, peas, raisins, fresh herbs & pine nuts. 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 cheese on the side. **\$6.50 vegetarian; \$8.50 with grilled chicken breast**

Soup: Chicken Mushroom Barley **\$5.50 per pint; \$9.50 per quart**

Burrito Red Chile with refried beans & cheese **\$5.50**

Dessert: Lemon Blueberry Loaf **sm: \$6.50; lg: \$12**

Side Veggies **\$4.75 each** **1** – Haricot Vert (fresh green beans) / **2** – Sweet Potato Homefries

a la carte Cutlets (Tofu, Chicken, or Tilapia) **\$5.75 each** **1** – Korean BBQ/ **2** – Lemon Dijon

Deli Salads **\$6.50 each** **1** –Cape Cod Tofu (contains nuts) **2** – Dijon Chicken & Roast Pepper

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

Delivery on February 10

French Barley Salad A hearty winter salad with marinated mushrooms, sweet peppers, fresh green beans & artichokes, toasted walnuts & a dijon vinaigrette dressing. Can add grilled chicken. **\$8.50 per serving**

Mandarin Ginger Cutlets Chicken or tofu is marinated & baked in a ginger citrus sauce & served over basmati rice with mandarin oranges & toasted almonds. **\$8.50 per serving**

Pasta & Calabacitas Penne with roasted zucchini, summer & butternut squash is combined with sauteed sweet onions & fresh corn & topped with cheddarjack cheese. Can add chicken grilled sausage. **\$8.50 per serving**

Wirikuta Stew A rustic Mexican stew with pinto beans, posole (hominy), potatoes, chiles & tomatoes. Can add ground turkey. **\$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**

Winter Spinach Salad Fresh baby spinach, grated carrots, roasted beets, grape tomatoes with sharp cheddar cheese & pomegranate vinaigrette on the side. **\$6.50 vegetarian, \$8.50 with grilled chicken**

Soup: Lentil & Broccoli Rabe **\$5.50 per pt; \$9.50 per quart**

Burrito Green Chile with Beans & Cheese **\$5.50**

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

Side Veggies **\$4.75 each** **1** – Fresh Snap Peas & Baby Carrots/ **2** – Garlic Mashed Potatoes

a la carte Cutlets (Tofu, Chicken or Tilapia) **\$5.75 each** **1** -Italian Herb / **2** – Teriyaki

Deli Salads: **\$6.50 each** **1**- Real Egg Salad / **2** – Old Fashioned Tuna

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

Please see other side for weeks of February 17 & 24

Delivery on February 17

Wild Mushroom Quiche A melange of mushrooms, garlic & fresh herbs are baked in a golden custard with Swiss & cheddar cheese. **\$8.50 per serving**

Moroccan Lemon Cutlets Chicken or tofu is marinated & baked fresh lemon, olive oil, onions, olives, garlic & herbs & served over lemon couscous pilaf. **\$8.50 per serving**

Spaghetti & Meatballs Homemade turkey or tofu balls are spiced just right & served over spaghetti with our tomato herb sauce & freshly grated Parmesan cheese. **\$8.50 per serving**

Wampanoag Rice Casserole A delicious Native New England dish with wild & long grain rice, butternut squash, corn, lima beans & greens. Can add roasted turkey. **\$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**

Greek Salad Romaine with bell peppers, onions, tomatoes, red onions, Kalamata olives, feta & homemade dressing. **\$6.50 vegetarian; \$8.50 with grilled chicken**

Soup: Vietnamese Chicken & Rice Noodle **\$5.50 per pint; \$9.50 per quart**

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

Dessert Apple Crumb Cake **small - \$6.50; large - \$12**

Side Veggies **\$4.75 each** 1 - Sauteed Broccoli Rabe / 2 - Mashed Sweet Potatoes

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

Deli Salads **\$6.50 each** 1 - Eggless Tofu Salad 2- Roasted Turkey with Grapes & Almonds

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

Delivery on February 24

Orzo & Roasted Vegetable Salad Tiny Greek Pasta with a melange of roasted veggies, feta cheese, herbs, & a light lemon vinaigrette. Can add shrimp. **\$8.50 per serving**

Cutlets Satay Chicken or tofu is baked in a delicious spicy Thai peanut sauce & served over basmati rice. **\$8.50 per serving**

Pasta with Pumpkin Pesto Penne pasta is combined with a super healthy pumpkin sauce with ricotta & herbs. Can add grilled chicken. **\$8.50 per serving**

Red Chilaquiles A hearty Mexican casserole with corn tortillas pinto beans, corn, cheddarjack cheese & a delicious green chile salsa. Can add chicken. **\$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**

Nantucket Salad Mixed greens with carrots, grape tomatoes, snap peas, craisins & sunflower seeds w/cheddar cheese & homemade Dijon vinaigrette on the side. **\$6.50 vegetarian; \$8.50 with grilled chicken**

Soup: Fresh Corn Chowder (contains dairy) **\$5.50 per pint; \$9.50 per quart**

Burrito Potato, Bean & Chile **\$5.50**

Dessert: Peanut Butter Chocolate Chunk Cookies **½ dozen - \$6.50; 1 dozen - \$12**

Side Veggies **\$4.75 each** 1 - Winter Squash/ 2 - Roasted Greek Potatoes

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

Deli Salads **\$6.50 each** 1 - Greek Vegetable Salad/ 2 - Cape Cod Chicken

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. This includes non-dairy requests.

Gift Certificates are available! Call (781-293-8422) or email (cookingfth@msn.com) for more information!

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