

ORDER FORM January 2010

Chia Seeds are available for \$13 per pound (does not apply to order minimum)

Cooking From the Heart, PO Box 827, Bryantville, MA 02327

Phone & Fax: 781-293-8422/ email: cookingfth@msn.com

Customer Name _____ Phone _____
 Address _____ City _____
 Zip Code _____ Email Address _____
 Special Delivery Instructions _____

January 6 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Oasis Salad					\$8.50	
Cutlets Parmesan					\$8.50	
Chinese Meatballs					\$8.50	
Picadillo Burritos					\$8.50	
Macaroni & Cheese					\$8.50	
Bar Harbor Salad \$6.50 veg; \$8.50 chicken					\$6.50/\$8.50	
Thai Chicken Curry \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Mexican Rice & Mole \$5.50 veg; \$6.50 chicken					\$5.50/6.50	
Apple Cranberry Nut Loaf sm: \$6.50/lg: \$12					\$6.50/\$12	
Haricot Vert					\$4.75	
Mashed Sweet Potatoes					\$4.75	
Korean BBQ Cutlets (tofu, chicken, tilapia)					\$5.75	
Lemon Dijon Cutlets (tofu, chicken, tilapia)					\$5.75	
Old Fashioned Tuna Salad					\$6.50	
Cape Cod Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

January 6 Total: _____

January 13 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Stuffed Potatoes Deluxe					\$8.50	
Red Chile Cutlets					\$8.50	
Pasta with Black Olive Pesto					\$8.50	
Thai Sweet Potato Stew					\$8.50	
Lasagne Florentine					\$8.50	
Spinach Salad \$6.50 veg; \$8.50 chicken					\$6.50/\$8.50	
Italian Veg Gnocci \$5.50 per pint/ \$9.50 per quart					\$5.50/\$9.50	
Green Chile Burrito					\$5.50	
Blondies \$6.50 sm; \$12 lg					\$6.50/\$12	
Edamame Succotash					\$4.75	
Roast Potatoes Adobado					\$4.75	
Italian Herb Cutlets (tofu, chicken, tilapia)					\$5.75	
Teriyaki Cutlets (tofu, chicken, tilapia)					\$5.75	
Real Egg Salad					\$6.50	
Greek Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

January 13 Total: _____

Please see other side for weeks of January 20 & 27

January 20 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Spinach Feta Quiche					\$8.50	
Hoisin Cutlets					\$8.50	
North End Pasta					\$8.50	
Honey Dijon Meatloaf					\$8.50	
Red Chile Enchiladas					\$8.50	
Greek Salad \$6.50 veg; \$8.50 chicken					\$6.50/\$8.50	
Chicken Noodle Soup \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Black Bean Burrito					\$5.50	
Pumpkin Bars sm:\$6.50; lg: \$12					\$6.50/\$12	
Italian Broccoli					\$4.75	
Sweet Potato Homefries					\$4.75	
Soy Coconut Cutlets (tofu, chicken, tilapia)					\$5.75	
Honey Mustard Cutlets (tofu, chicken, tilapia)					\$5.75	
Eggless Tofu Salad					\$6.50	
Roast Turkey Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

January 20 Total: _____

January 27 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Mango Couscous Salad					\$8.50	
Cranberry Dijon Cutlets					\$8.50	
Pasta with Grilled Vegetables					\$8.50	
Entomatadas					\$8.50	
Shepherd's Pie					\$8.50	
Nantucket Salad \$6.50 veg; \$8.50 chicken					\$6.50/\$8.50	
Three Sisters Stew \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Potato Bean Burrito					\$5.50	
Apple Crisp sm:\$6.50; lg: \$12					\$6.50/\$12	
Glazed Baby Carrots					\$4.75	
Roasted Greek Potato es					\$4.75	
Maple Balsamic Cutlets (tofu, chicken, tilapia)					\$5.75	
Citrus Ginger Cutlets (tofu, chicken, tilapia)					\$5.75	
Old Fashioned Tuna Salad					\$6.50	
Cape Cod Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

January 27 Total: _____

Monthly Total: _____