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## January 4-26, 2011 Happy New Year!

Order all 4 weeks & PAY by December 28 & delivery is FREE (\$20 savings)

### DELIVERY ON JANUARY 4/5

**Salade Nicoise** - A classic salad from the south of France, Albacore tuna is tossed with roasted new potatoes, fresh green beans, broccoli, red bell peppers, fresh herbs, red onions & garlic & a Dijon vinaigrette. (can order with baked tofu) **\$8.75 per serving**

**Cutlets Lucerne** - Chicken or tofu is marinated & baked with lemon & herbs, served over brown rice with sautéed mushrooms & topped with Lorraine Swiss cheese. **\$8.75 per serving**

**Sesame Lo Mein** - Udon noodles with a delicious soy sesame dressing are topped with fresh steamed vegetables, shitake mushrooms & your choice of chicken or tofu. **\$8.75 per serving**

**Black Bean Stew** - Healthy & delicious, black beans are simmered with tomatoes, sweet potatoes & peppers & served over a brilliant yellow rice pilaf. Can add ground turkey. **\$8.75 per serving**

**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$8.75 per serving**

**Bar Harbor Salad** - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$6.75 vegetarian/ \$8.75 with grilled chicken**

**Soup** - White Bean Spinach Potage (vegetarian) **\$5.75 per pint; \$9.75 per quart**

**Burrito** - Poblano, Bean & Potato **\$5.75 vegetarian; \$6.75 with grilled chicken**

**Dessert** - Island Treat Cookies (w/coconut & white & dark chocolate) **\$6.75 1/2 dozen; \$13 dozen**

**Side Veggies** - **\$4.75 each** 1 - Cauliflower au Gratin/ 2 - Maple Sweet Potatoes

**a la carte Cutlets (Tofu, Chicken, or Salmon)** - **\$5.75 each** 1 - Greek Lemon/ 2 - Teriyaki

**Deli Salads** - **\$6.75 each** 1 - Eggless Tofu 2 - Roast Turkey with Grapes & Almonds

**Fresh Fruit Salad** - **\$6.75 per pint**

**Maple Pecan Cranberry Granola** - **\$6.75 per quart container**

### DELIVERY ON JANUARY 11/12

**Samosa Stuffed Potatoes** - Idaho potatoes are baked & stuffed with a filling reminiscent of Indian samosas with sautéed onions, curry spices, peas & Greek yogurt. Can add ground turkey. **\$8.75 per serving**

**Red Chile Cutlets** - Chicken or tofu is baked with fajita spice, served over Mexican rice pilaf, drenched in our authentic New Mexico red chile sauce & topped with cheddarjack cheese. **\$8.75 per serving**

**Pasta Melanzana** - Eggplant, red bell peppers & garlic are roasted, pureed & tossed with penne pasta. Can add grilled chicken sausage. **\$8.75 per serving**

**Salisbury Steak** - Our take on comfort food, with ground turkey or tofu "steaks" smothered in a rich mushroom sauce & served over homemade egg noodles. **\$8.75 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. **\$8.75 per serving**

**Thai Salad** - Fresh greens with grated carrots, mung bean sprouts, grape tomatoes, mandarins & cashews with a peanut-free Satay dressing. **\$6.75 vegetarian/\$8.75 with grilled chicken**

**Soup** - Chicken, Rice & Vegetable **\$5.75 per pt; \$9.75 per quart**

**Burrito** - Green Chile w/Beans & Cheese **\$5.75 vegetarian; \$6.75 turkey**

**Dessert** - Cranberry Orange Pound Cake **small - \$6.75; large - \$13**

**Side Veggies** - **\$4.75 each** 1 - Haricot Vert (fresh steamed green beans)/ 2 - Roast Potato Medley

**a la carte Cutlets (Tofu, Chicken or Salmon)** - **\$5.75 each** 1 - Provencale Herb / 2 - Honey Mustard

**Deli Salads** - **\$6.75 each** 1 - Marinated Greek Veggie Feta / 2 - Cape Cod Chicken (contains nuts)

**Fresh Fruit Salad** - **\$6.75 per pint**

**Maple Pecan Cranberry Granola** - **\$6.75 per quart container**

Please see other side for weeks of January 18/19 & 25/26

## DELIVERY ON JANUARY 18/19

**Sweet Onion Tarte** - Caramelized onions are baked in a golden custard with cheddar & havarti cheese. Simple & surprisingly delicious! **\$8.75 per serving**

**Quebec Farmhouse Cutlets** - Chicken or tofu is marinated & baked with fresh lemon, Dijon mustard, garlic & assorted herbs & served over roasted potatoes & baby carrots. **\$8.75 per serving**

**Pasticcio** - A fabulous Greek pasta dish with elbow macaroni tomato mint sauce & topped with creamy Bechamel sauce & freshly grated Parmesan. Can add ground turkey. **\$8.75 per serving**

**Thai Chick Pea Curry** - A hearty & spicy vegetarian melange with chickpeas, potatoes, eggplant, peas & tomatoes in a basil coconut curry sauce. **\$8.75 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. **\$8.75 per serving**

**Spinach Salad** - Baby spinach with grated carrots, red bell peppers & grape tomatoes with sharp cheddar & honey mustard dressing. **\$6.75 vegetarian; \$8.75 with grilled chicken**

**Soup** - Winter Vegetable Stew (vegetarian) **\$5.75 per pint; \$9.75 per quart**

**Burrito** - Black Bean & Sweet Potato **\$5.75 vegetarian; \$6.75 ground turkey**

**Dessert** - Apple Cranberry Crisp **small- \$6.75; large - \$13**

**Side Veggies** - **\$4.75 each** **1** - Glazed Baby Carrots/ **2** - Mashed Red Bliss Potatoes

**a la carte Cutlets (Tofu, Chicken or Salmon)** - **\$5.75** **1** - Italian Herb / **2** - Ginger Scallion

**Deli Salads** - **\$6.75 each** **1** - Old Fashioned Tuna **2** - Greek Chicken

**Fresh Fruit Salad** - **\$6.75 per pint**

**Maple Pecan Cranberry Granola** - **\$6.75 per quart container**

## DELIVERY ON JANUARY 25/26

**Quinoa Stuffed Peppers** - Quinoa, the ancient supergrain of the Andes, is combined with roasted corn, sautéed onions, spinach & feta cheese & stuffed into bell peppers. Can add turkey. **\$8.75 per serving**

**Cranberry Dijon Cutlets** - Chicken or tofu is backed in a "not too sweet" sauce with cranberries, Dijon & fresh herbs, topped with roasted red onions & served over a healthy cracked wheat pilaf. **\$8.75 per serving**

**Pasta with Black Olive Pesto** - Even olive haters love this pasta dish with a pesto made from black olives, roasted tomatoes & garlic, olive oil & oregano. Can **\$8.75 per serving**

**Green Chilaquiles** - Our homemade salsa verde with fresh roasted poblanos, tomatillos, onions & cilantro is combined with corn tortillas, pinto beans & cheddarjack cheese. Can add chicken. **\$8.75 per serving**

**Shepherd's Pie** - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$8.75 per serving**

**Southwest Salad** - Fresh greens with grated carrots, jicama, grape tomatoes & cubanelle peppers with pepperjack cheese & a creamy chipotle dressing. **\$6.75 vegetarian/\$8.75 with grilled chicken**

**Soup** - Tortellini, Spinach & Chicken Sausage **\$5.75 per pint; \$9.75 per quart**

**Burrito** - Red Chile w/beans & cheese **\$5.75 vegetarian; \$6.75 with grilled chicken**

**Dessert** - Carrot Cake Muffins (contain nuts) **½ dozen- \$6.75; 1 dozen- \$13**

**Side Veggies** - **\$4.75 each** **1** - Italian Broccoli/ **2** - Sweet Potato Home Fries

**a la carte Cutlets (Tofu, Chicken or Salmon)** - **\$5.75 each** **1** - Maple Dijon / **2** - Soy Coconut

**Deli Salads** - **\$6.75 each** **1** - Italian Mozzarella Vegetable/ **2** - Mandarin Chicken & Broccoli

**Fresh Fruit Salad** - **\$6.75 per pint**

**Maple Pecan Cranberry Granola** - **\$6.75 per quart**

**Please note there is a \$5 delivery fee for all orders unless you order all 4 weeks and I receive your payment by November 28.**

**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 ([cookingftheart@gmail.com](mailto:cookingftheart@gmail.com)) us for more information!**

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