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January 9 –31, 2019 Happy New Year!

(Order all 4 weeks and PAY by January 2 and delivery is FREE! Minimum order amounts of \$50 per week apply)
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 JANUARY 9/10

Israeli Couscous Pilaf - A fresh take on Israeli couscous with kale, carrots, crimini mushrooms, aromatics & fresh herbs. **\$9 per serving vegetarian; \$9.50 roast turkey**
Quebec Farmhouse Cutlets – Chicken or tofu is baked with Dijon mustard, cider vinegar, fresh lemons & herbs & served with roasted potatoes & root vegetables. **\$9 per serving**
Spicy Thai Rice Noodles – Rice noodles with an authentic peanut coconut curry sauce are tossed with shredded carrots & scallions with & your choice of teriyaki chicken or tofu. **\$9 per serving**
Three Bean Chili –Black, pinto & white beans are simmered with vegetables & chiles for a delicious and hearty winter stew. **\$9 per serving vegetarian; \$9.50 w/ground turkey**
Deluxe Macaroni & Cheese - Our healthier version of classic comfort food with low fat Alfredo sauce & cheeses is topped with toasted crumbs. **\$9 per serving**
Caesar Salad –Green leaf lettuce with homemade croutons, shaved Parmesan & a delicious creamy dressing. **\$7.50 vegetarian/ \$9.50 with grilled chicken breast**
Soup - Turkey Sausage, Spinach & Tortellini **\$6 per pint; \$10 per quart**
Burrito - Salsa Verde w/refried black beans (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**
Side Veggies - **\$5 each** 1 –Edamame Succotash/ 2 – Cranberry Sweet Potatoes
a la carte Cutlets – Tofu & Chicken **\$6; Salmon \$8** 1 –Asian Sesame/2 – Greek Lemon
Deli Salads - **\$7.50 each** 1 –Tehina Beet Salad/ 2 – Cape Cod Chicken (contains walnuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JANUARY 16/17

Ancient Grain Salad - High protein quinoa, kamut & farro with asparagus, shitake mushrooms, fresh herbs & a miso dressing (good hot or cold) **\$9 per serving veg; \$9.50 grilled chicken**
Sonoran Cutlets - Chicken or tofu is baked with fajita spices, topped with a fresh salsa of black beans, roasted plum tomatoes, corn & poblano chiles & served over Mexican rice. **\$9 per serving**
Chinese Meatballs – Turkey or tofu balls are flavored with ginger, scallions & green onions & served over rice noodles with stir fried vegetables. **\$9 per serving**
Red Bean, Corn & Hominy Stew - A hearty vegetarian chili with fresh vegetables & Southwest flavors. **\$9 per serving veg; \$9.50 chicken sausage**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses and our delicious marinara sauce. **\$9 per serving veg; \$9.50 w/turkey sausage**
Pomegranate Spinach Salad - Baby spinach with grated carrots, grape tomatoes, & toasted pecans with sharp cheddar & a pomegranate vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken breast**
Soup –Split Pea Vegetable **\$6 per pt; \$10 per quart**
Burrito - Pico de Gallo with beans & Cheese (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Side Veggies - **\$5 each** 1 –Italian Broccoli/ 2 – Whipped Butternut Squash
a la carte Cutlets **Chicken or Tofu \$6 each; Salmon \$8** 1 – Apricot Dijon / 2 – Italian Herb
Deli Salads - **\$7.50 each** 1 –Caponata (classic Italian eggplant appetizer)/ 2 – Old Fashioned Tuna
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JANUARY 23/24

Spinach Feta Quiche – An assortment of feta & Italian cheeses with spinach & herbs is baked in a golden custard. **\$9 per serving**

Cranberry Dijon Cutlets - Chicken or tofu is marinated & baked in a cranberry & mustard sauce with fresh thyme & lemon & served over couscous. **\$9 per serving**

Pasta & Calabacitas – A mélange of fresh roasted squashes & corn is combined with bowtie pasta, fresh herbs, & Monterey jack cheese. **\$9 per serving veg; \$9.50 w/chicken sausage**

Salisbury Steak - Ground turkey or tofu "steaks" are topped with a fresh mushroom gravy & served with mashed potatoes. **\$9 per serving**

Tia Carmen's Enchiladas - Corn tortillas are rolled with homemade refritos (pinto beans), peas, & cheddarjack cheese & smothered with our Chimayo red chile (family recipe!), cheese, onions & olives. **\$9 per serving veg; \$9.50 ground turkey**

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 breast**

Soup –Moroccan Chicken **\$6 per pint; \$10 per quart**

Burrito – Black Bean, Rice & Chipotle **\$6.50 vegetarian; \$7.50 grilled chicken**

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

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

Deli Salads - **\$7.50 each** 1 –Spanish Chickpeas /2 – Roast Turkey with Grapes & Almonds

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

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

DELIVERY ON JANUARY 30/31

Lentil Rice & Fruit Salad – A delicious winter salad with brown rice, French lentils, bell peppers, apples, fresh mandarin oranges, dried fruits & walnuts with a Dijon vinaigrette. **\$9 per serving veg; \$9.50 w/grilled chicken**

Cutlets a la Grecque – Chicken or tofu is marinated & baked with tomatoes, red onion, Kalamata olives, olive oil & herbs & served over rice & orzo pilaf. **\$9 per serving**

Penne & Eggplant - Pasta is tossed with a homemade eggplant & tomato sauce with fresh herbs & sprinkled with Asiago cheese. **\$9 per serving veg; \$9.50 w/chicken sausage**

Wirikuta Stew – A rustic Mexican stew with potatoes, tomatoes, squash, pinto beans, posole, chiles & fresh corn. **\$9 per serving veg; \$9.50 w/roasted turkey**

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

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

Soup –Broccoli Chowder (vegetarian/dairy) **\$6 per pint; \$10 per quart**

Burrito –Green Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

Side Veggies - **\$5 each** 1 –Green Beans Almondine/ 2 – Roast Potato Medley

a la carte Cutlets Tofu & Chicken \$6; Salmon \$8 1 –Lemon Dill/ 2 – Soy Coconut

Deli Salads - **\$7.50 each** 1 –Roasted Garlic Hummus/ 2 – Mediterranean Chicken & Vegetable

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

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

Please note there is a \$5 delivery fee per week for all orders unless you order all 4 weeks and I receive your payment BY JANUARY 2.

Minimum amount for delivery is \$50 (\$55 including delivery fee). **PAYMENT IS DUE IN ADVANCE OR AT THE TIME OF DELIVERY.** You may pay by check or via Paypal using the email address cookingftheart@gmail.com

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) us for more information!

IF YOU CHOOSE TO USE THE PYREX, there is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish. Otherwise we will use disposable dishes.