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## July 1-29, 2009

Please note there is no delivery on July 8. We suggest your order extra entrees to freeze for that week, other than the salads!

### DELIVERY ON JULY 1

**Salade Nicoise** A classic French salad with roasted new potatoes, fresh steamed green beans & broccoli, red peppers, onions, herbs & dijon vinaigrette with albacore tuna or tofu. **\$8.50 per serving**  
**Teriyaki Cutlets** Chicken or tofu is marinated & baked in our Teriyaki sauce & served over basmati rice with a garnish of fresh vegetables. **\$8.50 per serving**  
**Penne & Eggplant** A Trattoria favorite with whole wheat penne, roasted eggplant, tomatoes, onions, feta cheese & fresh herbs. Can add turkey sausage. **\$8.50 per serving**  
**Entomatadas** A traditional Mexican dish with corn tortillas filled with cheddar jack cheese & smothered with a homemade herb & tomato sauce. **\$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; with 6 oz grilled chicken breast: \$8.50**  
**Soup:** Spanish Chickpea (vegetarian – great hot or cold!) **\$5.50 per pint; \$9.50 per quart**  
**Burrito** Potato, Bean & Chile **\$5.50**  
**Dessert:** Peanut Butter Chocolate Chunk Cookies **small: \$6.50/ large: \$12**  
**Side Veggies** **\$4.75 each** 1 – Summer Garden Melange / 2 – Caribbean Sweet Potato Salad  
**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 2 – Mediterranean Chicken Salad  
**Fresh Fruit & Pure Maple Yogurt Parfait** **\$6.50 per pint container**  
**Maple Pecan Cranberry Granola** **\$6.50 per quart container**

### NO DELIVERY ON JULY 8

### DELIVERY ON JULY 15

**Couscous a la Grecque** Flavors of the Greek Isles – fresh tomatoes, cucumbers, Kalamata olives, & bell peppers are combined with Israeli couscous, our lemony dressing & fresh herbs. Can add grilled chicken. **\$8.50 per serving**  
**Cutlets with Fresh Peach Salsa** Chicken or tofu is marinated & baked in soy & coconut & served over basmati rice with a fresh fruit salsa on the side. (salsa is spicy!) **\$8.50 per serving**  
**Sesame Rice Noodles** Vermicelli rice noodles with a light soy and sesame dressing are topped with stir fried seasonal vegetables & your choice of salmon or tofu. **\$8.50 per serving**  
**Keftedes** Greek turkey or tofu balls seasoned with fresh herbs & Romano cheese are served over lemon orzo with tzatziki sauce (yogurt & cucumber) on the side. Very refreshing! **\$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**  
**Farmhouse Spinach Salad** Fresh baby spinach with grated carrots, alfalfa sprouts, cucumber, tomato, cheddar cheese & dijon vinaigrette on the side. **\$6.50; with 6 oz grilled chicken breast: \$8.50**  
**Soup:** Fresh Corn Chowder (dairy - vegetarian) **\$5.50 per pt; \$9.50 per quart**  
**Burrito** Green Chile with Beans & Cheese **\$5.50**  
**Dessert:** Chunky Monkey Banana Bread (w/nuts & chocolate) **small - \$6.50; large - \$12**  
**Side Veggies** **\$4.75 each** 1 – Italian Summer Squash/ 2 – Roast 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- Old Fashioned Tuna / 2 – Roast Turkey with Grapes & Almonds  
**Fresh Fruit & Maple Yogurt Parfait** **\$6.50 per pint container**  
**Maple Pecan Cranberry Granola** **\$6.50 per quart container**

Please see other side for weeks of July 22 & 29

## DELIVERY ON JULY 22

**Balinese Rice Salad** A tropical delight with basmati rice, mangoes, papaya, pineapple & a fabulous citrus dressing is garnished with toasted coconut. Can add roast turkey. **\$8.50 per serving**

**Savory Moroccan Cutlets** Chicken or tofu is baked in a saffron flavored tomato sauce with raisins & olives & served over fluffy couscous. **\$8.50 per serving**

**Pasta With Grilled Summer Vegetables** Penne pasta with a melange of garden fresh vegetables, fresh herbs & freshly shredded Parmesan cheese. Can add grilled chicken. **\$8.50 per serving**

**Vidalia Onion Tarte** Super sweet Vidalia onions are slowly sauteed until caramelized & baked in a golden custard with Vermont sharp cheddar cheese. **\$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; with 6 oz grilled chicken breast: \$8.50**

**Soup:** Gazpacho (so refreshing – served chilled!) **\$5.50 per pint; \$9.50 per quart**

**Burrito** Black Bean, Rice & Chipotle **\$5.50**

**Dessert** Fresh Peach Blueberry Crisp **small - \$6.50; large - \$12**

**Side Veggies \$4.75 each** 1 – Green Beans Almondine/ 2 - Blue Ribbon Potato Salad

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

**Deli Salads \$6.50 each** 1 – Eggless Tofu 2- Cape Cod Chicken

**Fresh Fruit & Maple Yogurt Parfait \$6.50 per pint container**

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

## DELIVERY ON JULY 29

**Chili Mojito Quinoa Salad** A new summery salad with black beans, fresh sweet corn, jalapeno peppers, , mint & lime & the superfood quinoa, an ancient grain from the Andes. Can add grilled chicken. **\$8.50 per serving (SPICY!)**

**Cutlets Picante** Chicken or tofu is baked in a homemade salsa, served over rice & topped with shredded cheddarjack cheese. (somewhat spicy!) **\$8.50 per serving**

**Pesto Pasta with Tomatoes -** A summertime treat with penne, diced farmstand tomatoes, and a fresh basil pesto & Parmesan. **\$8.50 per serving**

**Provencale Stuffed Peppers** Saffron couscous with fresh herbs, peas, onions, raisins & pine nuts is the filling for bell pepper halves. Can add ground turkey. **\$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**

**Soup:** Caribbean Curried Sweet Potato & Coconut (vegetarian, spicy!) **\$5.50 per pint; \$9.50 per quart**

**Burrito** Red Chile (with refried beans, cheese & white onion) **\$5.50**

**Dessert:** Ultimate Oatmeal Cookies **small - \$6.50; large - \$12**

**Side Veggies \$4.75 each** 1 –Italian Broccoli/ 2 – Mom's Macaroni Salad

**a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 each** 1 – Maple Balsamic / 2 – Citrus Ginger

**Deli Salads \$6.50 each** 1 – Real Egg Salad (w/scallions) / 2 – Teriyaki Chicken Salad

**Fresh Fruit & Maple Yogurt Parfait \$6.50 per pint container**

**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](mailto:cookingfth@msn.com)) us 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 disposable containers.