

ORDER FORM July 2009

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 _____

July 1 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Salade Nicoise					\$8.50	
Teriyaki Cutlets					\$8.50	
Penne & Eggplant					\$8.50	
Entomatadas					\$8.50	
Macaroni & Cheese					\$8.50	
Bar Harbor Salad veg: \$6.50/chicken: \$8.50					\$6.50/\$8.50	
Spanish Chickpea Soup \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Potato, Bean & Chile Burrito \$5.50					\$5.50	
Peanut Butter Cookies 6: \$6.50/12: \$12					\$6.50/\$12	
Summer Veggies					\$4.75	
Carib Sweet Potato Salad					\$4.75	
Korean BBQ Cutlets (tofu, chicken, tilapia)					\$5.75	
Lemon Dijon Cutlets (tofu, chicken, tilapia)					\$5.75	
Cape Cod Tofu Salad					\$6.50	
Greek Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5.00

July 1 Total: _____

July 15 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Couscous a la Grecque					\$8.50	
Cutlets w/Peach Salsa					\$8.50	
Sesame Rice Noodles					\$8.50	
Keftedes					\$8.50	
Lasagne Florentine					\$8.50	
Farmhouse Spinach Salad veg: \$6.50/ chicken: \$8.50					\$6.50/\$8.50	
Fresh Corn Chowder \$5.50 per pint/ \$9.50 per quart					\$5.50/\$9.50	
Green Chile Burrito					\$5.50	
Chunky Monkey Bread \$6.50 sm; \$12 lg					\$6.50/\$12	
Italian Summer Squash					\$4.75	
Roast Garlic Mashed Potatoes					\$4.75	
Italian Herb Cutlets(tofu, chicken, tilapia)					\$5.75	
Teriyaki Cutlets (tofu, chicken, tilapia)					\$5.75	
Old Fashioned Tuna Salad					\$6.50	
Roast Turkey Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5.00

July 15 Total: _____

Please see other side for weeks of July 22 & 29

July 22 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Balinese Rice Salad					\$8.50	
Savory Moroccan Cutlets					\$8.50	
Pasta w/Grilled Veggies					\$8.50	
Vidalia Onion Tarte					\$8.50	
Red Chile Enchiladas					\$8.50	
Greek Salad veg: \$6.50/chicken: \$8.50					\$6.50/\$8.50	
Gazpacho \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Black Bean Burrito					\$5.50	
Peach Blueberry Crisp sm:\$6.50; lg: \$12					\$6.50/\$12	
Green Beans Almondine					\$4.75	
Blue Ribbon Potato Salad					\$4.75	
Soy Coconut Cutlets (tofu, chicken, tilapia)					\$5.75	
Honey Mustard (tofu, chicken, tilapia)					\$5.75	
Eggless Tofu Salad					\$6.50	
Cape Cod Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5.00

July 22 Total:

July 29 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Chili Mojito Quinoa Salad					\$8.50	
Cutlets Picante					\$8.50	
Pesto Pasta					\$8.50	
Provencale Peppers					\$8.50	
Shepherd's Pie					\$8.50	
Nantucket Salad veg: \$6.50/chicken: \$8.50					\$6.50/\$8.50	
Carib Sweet Potato Soup \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Red Chile Burrito					\$5.50	
Ultimate Oatmeal Cookies 6:\$6.50; 12: \$12					\$6.50/\$12	
Italian Broccoli					\$4.75	
Mom's Macaroni Salad					\$4.75	
Maple Balsamic Cutlets (tofu, chicken, tilapia)					\$5.75	
Citrus Ginger Cutlets (tofu, chicken, tilapia)					\$5.75	
Real Egg Salad					\$6.50	
Teriyaki Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

July 29 Total:

Monthly Total: