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July 7- August 4, 2010

Please note there is no delivery on July 14. We suggest your order extra entrees to freeze for that week, other than the salads!

DELIVERY ON JULY 7

Black Bean, Corn & Wheatberry Salad A healthy & delicious summer salad with fresh farmstand corn, black beans & nutty wheatberries with red peppers & vidalia onions. Can add grilled chicken. **\$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 – Sweet Potato Homefries

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 – Greek Chicken Salad

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

(NO DELIVERY ON JULY 14)

DELIVERY ON JULY 21

Roasted Vegetable & Couscous Salad An assortment of fresh farmstand vegetables are roasted & tossed 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: Sopa de Elote (Mexican corn soup) **\$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

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

Please see other side for weeks of July 28 & August 4

DELIVERY ON JULY 28

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** - Roasted Beet 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

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

DELIVERY ON AUGUST 4

Andean Quinoa Salad A wonderful superfood combination with high protein quinoa, fresh corn, roasted yams, peanuts, and a lime vinaigrette. Can add grilled chicken. **\$8.50 per serving**

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 pasta shells, diced farmstand tomatoes, and our fresh basil pesto with mozzarella balls & Parmesan. Delicious hot or cold! **\$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: Summer Squash & Roasted Pepper (good hot or cold!) **\$5.50 per pint; \$9.50 per quart**

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

Dessert : White Chocolate Cranberry 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

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) 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.