

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
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June 3-24, 2009

Delivery on June 3

Tuscan Rice Salad Brown rice with roasted red bell peppers & cherry tomatoes, olives, sundried tomatoes, fresh herbs, fresh mozzarella & a delicious homemade red wine vinaigrette. Can add albacore tuna. **\$8.50 per serving**

Fresh Pesto Cutlets Chicken or tofu cutlets are marinated & baked with lemon & garlic & served over couscous with our homemade fresh basil pesto.

Chinese Meatballs Ground turkey or tofu balls with scassions, ginger & soy are smothered in a fresh vegetable sauce & served over vermicelli rice noodles. **\$8.50 per serving**

Tia Carmen's Enchiladas Flour tortillas are rolled with ground turkey or cheddarjack cheese with peas & black olives & smothered in our Chimayo red chile 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 a 6 ounce grilled chicken breast: \$8.50**

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

Burrito Mexican Rice & Mole **\$5.50 vegetarian; \$6.50 with chicken**

Dessert: Carrot Cake Muffins (contain nuts) sm(1/2 dozen): **\$6.50; lg(dozen): \$12**

Side Veggies **\$4.75 each** 1 - Italian Broccoli / 2 - Old Fashioned Mashed Potatoes

a la carte Cutlets (Tofu, Chicken, or Tilapia) **\$5.75 each** 1 - Teriyaki/ 2 - Italian Herb

Deli Salads **\$6.50 each** 1 - Cape Cod Tofu (contains walnuts) 2 - Greek Chicken

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

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

Delivery on June 10

Maple Wheatberry Salad A quintessential Vermont recipe with nutty wheatberries, pure maple syrup, extra sharp cheddar cheese & a melange of fresh vegetables. Can add roast turkey. **\$8.50 per serving**

Shawarma Cutlets Chicken or tofu is marinated & baked in classic Middle Eastern spices & served over Israeli couscous with grilled peppers & onions & a yogurt tahini sauce. **\$8.50 per serving**

Pasta with Black Olive Pesto Fusilli is tossed with a delicious pesto of black olives, fresh roasted plum tomatoes & garlic, herbs & Parmesan cheese. (even olive haters love it!) **\$8.50 per serving**

Crab or Tofu Vegetable Casserole Crab or baked tofu is combined with fresh steamed broccoli, roasted squash, onions, ripe tomatoes, toasted breadcrumbs & cheddar cheese. **\$8.50 per serving**

Lasagne Florentine Noodles are rolled w/ Sopprafina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. Can add turkey sausage. **\$8.50 per serving**

Farmers Spinach Salad Baby spinach with grated carrots, cucumbers, alfalfa sprouts, tomatoes, assorted raisins & havarti cheese & dijon vinaigrette on the side. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: White Bean Spinach Potage (vegetarian) **\$5.50 per pt; \$9.50 per quart**

Burrito Green Chile with Beans & Cheese **\$5.50**

Dessert: Blondies (contains nuts) small (1/2 dozen): **\$6.50; large(1 dozen): \$12**

Side Veggies **\$4.75 each** 1 - Haricot Vert/ 2 - Sweet Potato Home Fries

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

Deli Salads: **\$6.50 each** 1- Old Fashioned Tuna Salad / 2 - Cape Cod Chicken Salad

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 June 17 & 24

Delivery on June 17

East West Pasta Salad Bowtie pasta is tossed with fresh stir fried vegetables, shitake mushrooms, sesame seeds & a homemade ginger vinaigrette dressing with your choice of spicy baked tofu or salmon fillet. **\$8.50 per serving**

Cutlets with California Salsa A colorful combination of fresh corn, red onions, cherry tomatoes, cilantro & serrano chiles is the perfect accompaniment for fajita spice marinated chicken or tofu. Served over brown rice. **\$8.50 per serving**

Baked Ziti A favorite pasta dish with homemade marinara sauce & Italian cheeses. Can add grilled chicken sausage. **\$8.50 per serving**

Apple Cheddar Quiche Deliciously different, sliced apples are baked in a golden custard with Vermont 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**

Nantucket Salad Mixed greens with sugar snap peas, tomatoes, carrots, dried cranberries & roasted sunflower seeds w/sharp cheddar & dijon balsamic dressing on the side. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: Fresh Corn Chowder (vegetarian) **\$5.50 per pint; \$9.50 per quart**

Burrito Black Bean & Sweet Potato **\$5.50**

Dessert Lemon Blueberry Loaf **small - \$6.50; large \$12**

Side Veggies \$4.75 each **1** – Fresh Snaps & Carrots / **2** - Roast Potato Medley

a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 **1** -Maple Balsamic / **2** – Korean BBQ

Deli Salads \$6.50 each **1** – Eggless Tofu Salad **2-** Teriyaki Chicken Salad

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

Maple Pecan Cranberry Granola \$6.50 per quart container

Delivery on June 24

Caponata Couscous Salad Israeli couscous is mixed with a fresh & savory eggplant melange with roasted tomatoes, peppers, assorted olives & fresh herbs. Can add grilled chicken. **\$8.50 per serving**

Thai Cutlets Chicken or tofu is baked in a Thai coconut sauce & served over basmati rice with sauteed baby spinach & garlic & toasted coconut. **\$8.50 per serving**

Pasta & Broccoli Rabe Penne pasta is combined with sauteed broccoli rabe with garlic & red pepper flakes & topped with Italian cheeses. Can add grilled chicken sausage. **\$8.50 per serving**

Picadillo Burritos A filling of ground turkey or tofu with raisins, almonds & spices is rolled in flour tortillas & topped with a creamy picante salsa. **\$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**

Greek Salad Romaine with bell peppers, tomatoes, red onion, Kalamata olives, feta & homemade Greek lemon dressing. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: Herbed Tortellini (vegetarian) **\$5.50 per pint; \$9.50 per quart**

Burrito Potato, Bean & Chile **\$5.50**

Dessert : Baked Apples with dried fruit & nuts **small - \$6.50; large - \$12**

Side Veggies \$4.75 each **1** –Edamame Succotash/ **2** – Mashed Sweet Potatoes

a la carte Cutlets (Tofu, Chicken or Tilapia): \$5.75 each **1** – Lemon Dijon / **2** – Adobado

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

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) 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.