

ORDER FORM June 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 _____

June 3 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Tuscan Rice Salad					\$8.50	
Fresh Pesto Cutlets					\$8.50	
Chinese Meatballs					\$8.50	
Tia Carmen's Enchiladas					\$8.50	
Macaroni & Cheese					\$8.50	
Bar Harbor Salad (specify chicken or vegetarian)					\$6.50/\$8.50	
Caribbean Sweet Potato Soup \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Mexican Rice & Mole \$5.50 veg; \$6.50 chicken					\$5.50/6.50	
Carrot Cake Muffins sm: \$6.50/lg: \$12					\$6.50/\$12	
Italian Broccoli					\$4.75	
Old Fashioned Mashed Potatoes					\$4.75	
Teriyaki Cutlets (tofu, chicken, tilapia)					\$5.75	
Italian Herb 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

June 3 Total: _____

June 10 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Maple Wheat Berry Salad					\$8.50	
Shawarma Cutlets					\$8.50	
Pasta w/Black Olive Pesto					\$8.50	
Crab or Tofu Veggie Casserole					\$8.50	
Lasagne Florentine					\$8.50	
Farmer's Spinach Salad (chicken or veg)					\$6.50/\$8.50	
White Bean Spinach \$5.50 per pint/ \$9.50 per quart					\$5.50/\$9.50	
Green Chile Burrito					\$5.50	
Blondies \$6.50 sm; \$12 lg					\$6.50/\$12	
Haricot Vert					\$4.75	
Sweet Potato Home Fries					\$4.75	
Greek Lemon Cutlets (tofu, chicken, tilapia)					\$5.75	
Maple Dijon Cutlets (tofu, chicken, tilapia)					\$5.75	
Old Fashioned Tuna Salad					\$6.50	
Cape Cod Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

June 10 Total: _____

Please see other side for weeks of June 17 & 24

June 17 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
East West Pasta Salad					\$8.50	
Cutlets California					\$8.50	
Baked Ziti					\$8.50	
Apple Cheddar Quiche					\$8.50	
Red Chile Enchiladas					\$8.50	
Nantucket Salad (chicken or veg)					\$6.50/\$8.50	
Fresh Corn Chowder \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Black Bean Burrito					\$5.50	
Lemon Blueberry Loaf sm:\$6.50; lg: \$12					\$6.50/\$12	
Fresh Snaps & Carrots					\$4.75	
Roast Potato Medley					\$4.75	
Maple Balsamic Cutlets (tofu, chicken, tilapia)					\$5.75	
Korean BBQ Cutlets (tofu, chicken, tilapia)					\$5.75	
Eggless Tofu Salad					\$6.50	
Teriyaki Chicken Salad					\$6.50	
Fresh Fruit & Yogurt Parfait					\$6.50	
Maple Pecan Granola					\$6.50	
Delivery Charge						\$5

June 17 Total:

June 24 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Caponata Couscous Salad					\$8.50	
Thai Cutlets					\$8.50	
Pasta & Broccoli Rabe					\$8.50	
Picadillo Burritos					\$8.50	
Shepherd's Pie					\$8.50	
Greek Salad					\$6.50/\$8.50	
Herbed Tortellini Soup \$5.50 per pint/\$9.50 per quart					\$5.50/\$9.50	
Potato Bean Burrito					\$5.50	
Baked Apples sm:\$6.50; lg: \$12					\$6.50/\$12	
Edamame Succotash					\$4.75	
Mashed Sweet Potato es					\$4.75	
Lemon Dijon Cutlets (tofu, chicken, tilapia)					\$5.75	
Adobado 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

June 24 Total:

Monthly Total: