

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
email: cookingfth@msn.com Website: www.cookingfth.com

March 4-25, 2009

Delivery on March 4

Lentil, Rice & Fruit Salad A healthy, hearty & delicious combination of lentils, brown rice, crisp pears, mandarin oranges, peppers, onions & fresh herbs with a dijon dressing. Can add grilled chicken.
\$8.50 per serving

Fresh Basil Pesto Cutlets Chicken or tofu is marinated & baked with lemon & garlic & served over couscous with our homemade fresh basil pesto. **\$8.50 per serving**

Pasta with Edamame & Sweet Potatoes A powerfood combination, steamed edamame (green soybeans) & roasted sweet potatoes are tossed with penne & roasted garlic & topped with Parmesan shreds. **\$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: Amish Chicken Noodle **\$5.50 per pint; \$9.50 per quart**

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

Dessert: Wild Blueberry Muffins sm: **\$6.50; lg: \$12**

Side Veggies **\$4.75 each** 1 – Acorn Squash / 2 – Roast Potatoes Adobado

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

Deli Salads **\$6.50 each** 1 – Curried Tuna (contains nuts) / 2 – Italian Mozzarella Salad

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

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

Delivery on March 11

Greek Pasta Salad Ditalini pasta is tossed with Roma tomatoes, bell peppers, cucumbers, sliced black olives & feta cheese & our homemade lemon herb dressing. Can add grilled chicken. **\$8.50 per serving**

Sonoran Cutlets Chicken or tofu is marinated & baked with fajita seasonings, served over brown rice & topped with a delicious salsa with black beans, roasted fresh corn, garlic & tomatoes **\$8.50 per serving**

Pasta Melanzana A bold pureed sauce of roasted eggplant, red peppers & garlic is tossed with fusilli pasta with Italian cheeses. **\$8.50 per serving**

BBQ Meatballs An exciting new dish bursting with flavor, ground turkey or tofu balls are seasoned with chili spices, smothered in a fire roasted tomato BBQ sauce & served with lowfat sour cream smashed new potatoes. **\$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**

Taverna Salad Leafy greens with fresh roasted peppers, tomatoes & garlic, black olives & fresh mozzarella with Italian Vinaigrette. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: Vegetable Barley **\$5.50 per pt; \$9.50 per quart**

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

Dessert: Apple Cranberry Nut Loaf small: **\$6.50; large: \$12**

Side Veggies **\$4.75 each** 1 – Haricot Vert/ 2 – Mashed Sweet Potatoes

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

Deli Salads: \$6.50 each 1- Real Egg 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 March 18 & 25

Delivery on March 18

Crab Asparagus Quiche A delicious luxurious Springtime quiche with fresh asparagus & herbs, cheddar & Swiss Lorraine cheeses. **CAN ORDER VEGETARIAN! \$8.50 per serving**

Cutlets Parmesan Chicken or tofu is baked with a sprinkling of crumbs & herbs, served over savory brown rice pilaf & topped with our zesty marinara sauce & Italian cheeses. **\$8.50 per serving**

Florentine Pasta A more grown up version of mac & cheese, pasta shells are combined with a creamy cheese sauce with Pamesan & ricotta. Can add savory turkey sausage meatballs. **\$8.50 per serving**

Sweet Potato & Barley Chili A unique combination of healthy barley & sweet potatoes with assorted veggies & spices. Can add ground turkey. **\$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**

Farmhouse Spinach Salad Fresh baby spinach with grated carrots, alfalfa sprouts, cucumbers, tomatoes, cheddar cheese & dijon dressing. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: Chicken & Fresh Corn Chowder (contains dairy) **\$5.50 per pint; \$9.50 per quart**

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

Dessert Carrot Cake Muffins small (1/2 doz) - **\$6.50; large (1 dozen)- \$12**

Side Veggies **\$4.75 each** 1 – Italian Summer Squash / 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 – Roasted Vegetable & Feta Salad 2- Greek Chicken Salad

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

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

Delivery on March 25

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: Tortellini Spinach (vegetarian, dairy) **\$5.50 per pint; \$9.50 per quart**

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

Dessert : Baked Apples (contains nuts) small - **\$6.50; large - \$12**

Side Veggies **\$4.75 each** 1 –Fresh Snap Peas & Baby Carrots/ 2 – Cranberry Sweet Potato Salad

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 – Eggless Tofu 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) 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.