

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
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May 6-27, 2009

Delivery on May 6

Couscous a la Grecque Israeli couscous with fresh tomatoes, bell peppers, cucumbers, red onions, feta & Kalamata olives with our homemade Greek lemon dressing. Can add grilled chicken. **\$8.50 per serving**

Cutlets Picante Chicken or tofu cutlets are baked in our homemade fresh salsa, topped with cheddarjack cheese & served over brown rice.

Curried Thai Rice Noodles Noodles with a coconut curry sauce with fresh steamed and stirfried veggies and your choice of baked spicy tofu or salmon fillet. **\$8.50 per serving**

Wirikuta Stew A rustic Mexican casserole with hominy, potatoes, corn, carrots, tomatoes & chiles Can add ground turkey. **\$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: Mulligatawny (vegetarian Indian curried red lentil) **\$5.50 per pint; \$9.50 per quart**

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

Dessert: Blueberry Crisp sm: **\$6.50; lg: \$12**

Side Veggies **\$4.75 each** 1 – Greek Spinach / 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 – 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 May 13

Asian Rice & Vegetable Salad Brown rice is tossed with a soy sesame dressing & broccoli, snow peas, red bell peppers, raisins & scallions & garnished with toasted almonds. Can add teriyaki baked chicken or tofu. **\$8.50 per serving**

Cornmeal Crusted Cutlets Chicken or tofu is marinated & baked with a cornmeal crust & served over couscous with a fresh fruit salsa on the side. **\$8.50 per serving**

Pasta Calabacitas Penne is combined with calabacitas (fresh corn, assorted squashes onions & garlic sauteed with herbs), feta & cheddar cheeses. Can add grilled chicken sausage. **\$8.50 per serving**

Stuffed Potatoes Primavera An Idaho potato holds a healthy filling of fresh vegetables, our lowfat Alfredo sauce & is sprinkled with sharp cheddar. Can add albacore tuna. **\$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**

Spring Spinach Salad Baby spinach with grated carrots, cucumbers, tomatoes, assorted raisins & swiss cheese & pomegranate citrus vinaigrette on the side. **\$6.50 With a 6 ounce grilled chicken breast: \$8.50**

Soup: Old Fashioned Chicken Noodle **\$5.50 per pt; \$9.50 per quart**

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

Dessert: Public House Pumpkin Loaf **small: \$6.50; large: \$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- Roasted Vegetable & Feta / 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 May 20 & 27

Delivery on May 20

Andean Quinoa Salad Super food combination of quinoa & yams with black beans, corn, peanuts & a delicious lime spice vinaigrette. Can add roast turkey. **\$8.50 per serving**

Cutlets Provencale Chicken or tofu is marinated with fresh herbs, olive oil, balsamic & shallots, topped with a sauteed veggie melange with sun dried tomatoes & peppers & served over brown rice. **\$8.50 per serving**

Pasta with Pumpkin Pesto Penne pasta is combined with a fabulous pumpkin pesto sauce with fresh herbs, ricotta & romano cheese. Can add grilled chicken **\$8.50 per serving**

Broccoli Quiche Fresh broccoli florets are baked in a golden custard with herbs, havarti & 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: Vegetable Barley **\$5.50 per pint; \$9.50 per quart**

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

Dessert Super Fudge Brownies small (½ 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 – Real Egg 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 May 27

Pasta Salad Nicoise A delicious salad with fresh green beans, tomatoes, garden herbs, black olives, feta cheese & a dijon vinaigrette. Can add grilled chicken. **\$8.50 per serving**

Cutlets Tzatziki Chicken or tofu is marinated & baked with lemon & garlic & served over brown rice with our homemade yogurt cucumber sauce on the side. **\$8.50 per serving**

Gnocci with Pink Sauce Gnocci (potato pasta) is topped with a homemade tomato herb sauce with a touch of Alfredo & shredded Parmesan cheese. Can add turkey sausage meatballs. **\$8.50 per serving**

Red Thai Curry with Cauliflower Chicken or tofu is simmered with a red Thai curry sauce, fresh cauliflower & assorted veggies. **\$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: Vietnamese Chicken & Corn **\$5.50 per pint; \$9.50 per quart**

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

Dessert : Apricot Sesame Oat Bars small - **\$6.50; large - \$12**

Side Veggies **\$4.75 each** 1 – Fresh Snap Peas & Baby Carrots/ 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.