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MAY 1-23, 2019

Save on delivery fees by ordering all 4 weeks & PAYING BY April 26.. Minimum order of \$50 per week applies. If you order weekly, orders must be submitted by 5PM Friday for the upcoming week.

DELIVERY ON MAY 1/2

Ballnese Rice Salad - Brown rice with fresh tropical fruits, raisins, cashews, water chestnuts & peppers is tossed with a tamarind dressing. **\$9 per serving veg; \$9.50 with chicken**
Red Chile Cutlets - Chicken or tofu is baked with lemon & garlic, topped with our Chimayo red chile sauce & queso fresco & served over roasted potatoes. **\$9 per serving**
Singapore Noodles - Vermicelli rice noodles with a delicious curry and coconut sauce are tossed with vegetables & your choice of chicken or tofu. Good hot or cold! **\$9 per serving**
Ratatouille Stuffed Potato - A mélange of peppers, tomatoes, eggplant, summer squash & herbs is stuffed in organic Idaho potatoes & topped with feta cheese. **\$9 per serving veg; \$9.50 ground turkey**
Deluxe Macaroni & Cheese - Our healthier version of classic comfort food, pasta shells with sharp cheddar, Gruyere & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
Baby Arugula Salad - Arugula with shredded carrots, assorted dried berries, toasted almonds & fresh raspberry citrus dressing & blue cheese on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**
Soup - Chicken Minestrone **\$6 per pint; \$10 per quart**
Burrito - Black Bean & Sweet Potato (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**
Side Veggies **\$5 each** 1 - Snap Peas & Baby Carrots/ 2 - Old Fashioned Mashed Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Korean BBQ/ 2 - Lemon Dill
Deli Salads **\$7.50 each** 1 - Kale & Walnut Tabouli 2 - Cape Cod Chicken Salad (contains nuts)
Fresh Fruit Salad **\$7 each pint**
Maple Pecan Cranberry Granola - **\$7 per quart**

DELIVERY ON MAY 8/9

Maple Wheat Berry Salad - Our favorite main dish salad any time of the year, fresh corn & nutty wheat berries are combined with a rainbow of bell peppers, crisp apples, Vermont cheddar & a maple vinaigrette. **\$9 per serving veg; \$9.50 grilled chicken**
Mandarin Cutlets - Chicken or tofu is baked in a delicious fresh orange & ginger sauce with fresh mandarin oranges & scallions & served over couscous. Very light and refreshing! **\$9 per serving**
Pasta with Spinach & Chickpeas - Bowties with fresh spinach, chickpeas, fresh lemon & thyme & sharp cheddar. **\$9 per serving veg; \$9.50 chicken sausage**
Persian Eggplant, Apricot & Date Pulao - A classic rice dish with grilled eggplant, dried fruit & exotic spices. **\$9 per serving**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**
Farmhouse Spinach Salad - Fresh baby spinach with grated carrots, bell peppers, grape tomatoes & cheddar cheese & honey Dijon dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**
Soup - Tortellini & Broccoli Rabe (vegetarian) **\$6 per pint; \$10 per quart**
Burrito - Pico de Gallo with beans & cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**
Side Veggies - **\$5 each** 1 - Green Beans Almondine/ 2 - Roasted Potato Medley
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Italian Herb / 2 - Texas BBQ
Deli Salads - **\$7.50 each** 1 - Real Egg & Green Onion Salad/ 2 - Greek Chicken (contains cheese)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart**

DELIVERY ON MAY 15/16

Couscous a la Grecque - Fresh tomatoes, cucumbers, peppers, artichoke hearts, feta cheese & Kalamata olives are combined with Israeli couscous, fresh herbs & our Greek lemon dressing. **\$9 veg; \$9.50 grilled chicken**

Cutlets Teriyaki - Chicken or tofu is baked with a homemade teriyaki sauce & served over fragrant jasmine rice with a fresh vegetable garnish. **\$9 per serving**

French Pasta Salad - Delicious hot or cold, penne, roasted beets & green beans are tossed with a robust Dijon dressing, fresh herbs, toasted walnuts & feta cheese. **\$9 per serving veg; \$9.50 grilled chicken**

Wild Mushroom Quiche - An assortment of wild and cultivated mushrooms are baked in a golden custard with herbs, cheddar & baby Swiss cheese. **\$9 per serving**

Smothered Green Chile Burritos - Flour tortillas are rolled with refried beans & cheese & smothered in our authentic TexMex green chile sauce. **\$9 per serving veg; \$9.50 w/ground turkey**

Bar Harbor Salad - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

Soup -Chicken Noodle Vegetable **\$6 per pint; \$10 per quart**

Burrito - Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 with chicken**

Side Veggies - **\$5 each** 1 - Italian Broccoli / 2 - Greek Roasted Potatoes

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Ginger Orange/ 2 - Honey Mustard

Deli Salads **\$7.50 each** 1 -Roasted Garlic Hummus 2 - Dijon Chicken & Roast Pepper

Fresh Fruit Salad **\$7 per pint**

Maple Pecan Cranberry Granola **\$7 per quart**

DELIVERY ON MAY 22/23

Ancient Grain Salad with Asparagus & Shitakes - A delicious and healthy combination of quinoa, farro & kamut is tossed with fresh asparagus, shitake mushrooms, herbs & a miso dressing. **\$9 per serving veg; \$9.50 grilled chicken**

Cutlets with Fresh Fruit Salsa - Chicken or tofu cutlets are baked with a soy coconut marinade & served over brown basmati with a fresh fruit salsa on the side. **\$9 per serving**

Pasta with Black Olive Pesto - Our favorite pasta dish with black olives, sundried tomatoes, Romano cheese & oregano (even olive haters love it!) **\$9 per serving**

Picadillo Burritos - Flour tortillas with a delicious filling of ground turkey or tofu, roasted sweet potatoes, exotic spices, raisins & almonds & topped with a creamy fresh salsa. **\$9 per serving**

Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$9 per serving**

Greek Salad - Green leaf lettuce with bell peppers, onions, tomatoes, red onions, Kalamata olives, feta & homemade dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

Soup: Fresh Corn Chowder (dairy) **\$6 per pint; \$10 per quart**

Burrito: Salsa Verde & Refried Black Bean (dairy) **\$6.50 vegetarian; \$7.50 w/ground turkey**

Side Veggies - **\$5 each** 1 - Edamame Succotash/ 2 -Roasted Fingerling Potatoes

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Maple Balsamic / 2 - Teriyaki

Deli Salads - **\$7.50 each** 1 -Italian Tuna/ 2 - Mandarin Chicken & Broccoli (contains sesame)

Fresh Fruit Salad **\$7 per pint**

Maple Pecan Cranberry Granola **\$7 per quart**

Please note there is a \$5 delivery fee per week for all orders unless you prepay by APRIL 26 for the month.

Minimum amount for delivery is \$50 (\$55 including delivery fee)

Special requests are available on the entrees only for \$5 per request.

Gift Certificates are available! Call (781-293-8422) or email cookingftheart@gmail.com for more information!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more if you choose the pyrex. Otherwise you will receive disposable containers.