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September 4 - 26, 2019 Back to School!!
Order all 4 weeks & pay by August 30 & delivery is free!

DELIVERY ON SEPTEMBER 4/5

Salade Nicoise - Roasted new potatoes, haricot verts, sweet bell peppers, fresh herbs & Vidalia onions are tossed with a Dijon vinaigrette. **\$9 per serving vegetarian; \$9.50 albacore tuna**

Cutlets Marbella - Chicken or tofu is marinated with red wine vinegar, olive oil & oregano and baked with Castelvetrano olives, dried plums & cranberries and served over rice pilaf. **\$9 per serving**

Salisbury Steak - Ground turkey or tofu "steaks" are topped with a fresh mushroom gravy & served over curly noodles. **\$9 per serving**

Nectarine Couscous Salad - Juicy seasonal nectarines are combined with chick peas, couscous, spinach, onions & our delicious honey lime vinaigrette. **\$9 vegetarian; \$9.50 with grilled chicken.**

Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with lower fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**

Berry Mesclun Salad - Mixed greens with an assortment of dried berries, cucumbers, toasted almonds & gorgonzola cheese & citrus raspberry vinaigrette on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Gazpacho **\$6 per pint; \$10 per quart**

Burrito - Red Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with chicken**

Side Veggies - **\$5 each** 1 - Calabacitas (fresh corn & squash)/ 2 - Sweet Potato Homefries

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Greek Lemon/ 2 - Korean BBQ

Deli Salads - **\$7.50 each** 1 - Israeli Eggplant & Yogurt 2 - Mediterranean Chicken

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

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

DELIVERY ON SEPTEMBER 11/12

Greek Pasta Salad - One of our favorites, ditalini pasta is combined with tomatoes, cucumbers, bell peppers, red onions, feta cheese, Kalamata olives & our Greek lemon dressing. **\$9 vegetarian; \$9.50 grilled chicken**

Sonoran Cutlets - Chicken or tofu is baked with fajita spices, topped with a fresh salsa of black beans, roasted plum tomatoes, corn & poblano chiles & served over our fabulous Mexican rice. **\$9 per serving**

Curried Thai Rice Noodles - Rice noodles are drenched in an authentic Thai coconut curry sauce with green beans, summer squash, snow peas & shitake mushrooms and YOUR CHOICE of tofu or chicken. **\$9 per serving**

BBQ Meatballs - Ground turkey or tofu "meatballs" are smothered in our homemade sweet & bold BBQ sauce with sour cream mashed potatoes. Perfect school night dinner! **\$9 per serving**

Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses and our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**

Caesar Salad - A classic Caesar with fresh red leaf lettuce, shaved Parmesan, homemade croutons & creamy Caesar dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup - Fall Vegetable Stew (vegetarian) **\$6 per pt; \$10 per quart**

Burrito - Black Bean, Rice & Chipotle (no cheese) **\$6.50 vegetarian; \$7.50 ground turkey**

Side Veggies - **\$5 each** 1 - Roasted Brussels Sprouts/ 2 - Roasted Fingerling Potatoes

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1 - Provencale Herb / 2 - Teriyaki

Deli Salads - **\$7.50 each** 1 - Roasted Garlic Hummus/ 2 - Cape Cod Chicken (contains nuts)

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

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

DELIVERY ON SEPTEMBER 18/19

Spinach Feta Quiche - Spinach, garlic & herbs are baked in a golden custard with feta, mozzarella & Romano cheeses. **\$9 per serving**

Cranberry Dijon Cutlets - Chicken or tofu is baked with cranberries, mustard & fresh thyme & served over couscous with a garnish of roasted red onions. **\$9 per serving**

Portabella Pasta - A savory dish perfect for the change of seasons, bow ties are combined with an array of fresh mushrooms & roasted squash, caramelized onions, herbs, shredded Parmesan & a light Alfredo sauce. **\$9 per serving vegetarian; \$9.50 with chicken sausage**

Stuffed Sweet Potatoes - A baked sweet potato holds a delicious filling of black beans, roasted poblanos, fresh corn & caramelized onions & is topped with our fabulous BBQ bleu cheese sauce. **\$9 per serving vegetarian; \$9.50 ground turkey**

Green Chile Burritos - Flour tortillas are rolled with cheese & smothered in our authentic Tex Mex homemade green chile sauce. **\$9 per serving vegetarian; \$9.50 ground turkey**

Farmhouse Spinach Salad - Baby spinach with cherry tomatoes, shredded carrots, cucumbers, gorgonzola cheese & honey mustard dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

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

Burrito - Pico de Gallo & Bean (dairy) **\$6.50 vegetarian; \$7.50 Grilled Chicken**

Side Veggies - **\$5 each** 1 - Edamame Succotash/ 2 - Garlic Mashed Potatoes

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1 - Orange Miso / 2 - Adobado (chile & herbs)

Deli Salads - **\$7.50 each** 1 - Aegean Vegetable Salad / 2 - Curried Chicken (contains nuts)

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

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

DELIVERY ON SEPTEMBER 25/26

Israeli Couscous Pilaf - Toasted Israeli couscous is combined with carrots, cauliflower, Vidalia onions, fresh herbs, dried cranberries & curry. **\$9 per serving veg; \$9.50 roast turkey**

Salsa Verde Cutlets - Chicken or tofu is baked with fajita spices and served over Mexican rice with our homemade poblano & tomatillo sauce & queso fresco. **\$9 per serving**

Pasta With Pumpkin Pesto - Delicious & healthy, penne is tossed with rosemary infused olive oil & combined with our incredible pumpkin & ricotta pesto (contains pumpkin seeds). **\$9 per serving**

Three Bean Chili - Fresh seasonal vegetables are combined with assorted beans, poblanos, & the right amount of spice! **\$9 vegetarian; \$9.50 ground turkey**

Shepherd's Pie - It's back!! Ground turkey or tofu is sauteed with onions, corn & herbs in a rich brown gravy & topped with sour cream & chive mashed new potatoes. **\$9 per serving**

Baby Arugula Salad - Fresh greens with grated carrots, grape tomatoes, golden raisins & pecans with sharp cheddar & pomegranate vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Farmhouse Lentil (vegetarian) **\$6 per pint; \$10 per quart**

Burrito - Black Bean & Sweet Potato (dairy) **\$6.50 vegetarian; \$7.50 with grilled chicken**

Side Veggies - **\$5 each** 1 - Italian Broccoli/ 2 - Sweet Potato & Carrot Tzimmis

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) - 1 - Honey Mustard/ 2 - Soy Coconut

Deli Salads - **\$7.50 each** 1 - Lentil, Feta & Red Pepper Salad / 2 - Picante Albacore tuna & vegetable

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

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

Please note there is a \$5 delivery fee for all orders unless you order all 4 weeks and I receive your payment by August 30.

Minimum amount for delivery is \$50 (\$55 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 (cookingftheart@gmail.com) us for more information!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish IF YOU CHOOSE TO USE THE PYREX. Single servings and larger servings are delivered in disposable containers. It is not necessary to use the pyrex if you are trying out our service or prefer disposable containers.