

JANUARY 6th Meal Plans

chicken mole w/saffron rice

buffalo chicken stuffed peppers (gf)

bbq pulled pork stuffed sweet potatoes (gf)

vegetarian stuffed sweet potatoes (veg + gf)

black bean & rice burritos (veg)

portobello mushrooms w/quinoa, roasted tomatoes & parmesan (veg + gf)

portobello mushrooms w/ground turkey, quinoa roasted tomatoes & parmesan (gf)

baked penne w/meatballs spinach in tomato basil sauce

gluten-free version- baked pasta w/meatballs spinach in tomato basil sauce (gf)

kale, butternut squash & leek strata (veg)

chicken sausage, kale, butternut squash & leek strata

bacon & chipotle baked beans (gf)

kale salad w/grapes, apples & blue cheese (veg and gf)

chipotle chicken & corn chowder (gf)

italian sausage & veggie soup (gf)

jalapeno cheddar cornbread (veg)

spinach salad w/pears, cranberries, candied pecans w/vanilla fig dressing (veg and gf)

4 pack michael's english muffins (flavor may vary- text if you need confirmation due to allergies)

garden salad w/green goddess (veg and gf)

caesar pasta salad

gluten free pasta- caesar salad (gf)

jumbo apple cinnamon pecan muffins

gluten- free- banana chocolate chip breakfast bread (gf)

blueberry cinnamon coffee cake

oatmeal carrot & apple breakfast cookie

gluten free- raspberry chocolate cookies (gf)

January 13th

beef & butternut squash enchiladas

gluten free version- beef & butternut squash enchiladas (gf)

beef stew

chicken parmesan stuffed peppers (gf)

smoked gouda mac & cheese (veg)

gluten free version- smoked gouda mac & cheese (gf)

smoked gouda mac & cheese with bacon

baked ziti w/sausage, spinach & roasted tomatoes w/mozzarella

vegetarian- baked ziti w/spinach & roasted tomatoes w/mozzarella (veg)

'ready to warm' blackened chicken wraps

gnocchi w/roasted tomatoes & basil pesto cream (veg)

chicken sausage w/gnocchi w/roasted tomatoes & basil pesto cream

tuscan white bean soup (v and gf)

roasted tomato, thyme & parmesan scones (veg)

sweet potato & bacon chowder (gf)

wild rice & quinoa w/butternut squash, cranberries, kale and pecans w/maple vinaigrette (veg) NUTS

southwest chickpea salad (v and gf)

harvest salad (veg + gf) (blue cheese, nuts, apples + dried cranberries w/pomegranate poppyseed dressing)

loaded potato salad (gf) (bacon, cheddar + broccoli)

mini trio --chicken salad, orzo salad, broccoli salad (gf)

buffalo chicken pasta salad

gluten free pasta- buffalo chicken pasta salad (gf)

blueberry muffins

gluten free- toffee brownies

cinnamon apple coffee cake

pumpkin chocolate chip cookies

chocolate vanilla marble cake

Jan 20th

stuffed sweet potatoes w/spinach, caramelized onions, feta and roasted peppers (veg and gf)

stuffed sweet potatoes w/chicken, spinach caramelized onions, feta and roasted peppers (gf)

baked pasta w/bacon, roasted garlic, kale and gruyere cheese

vegetarian- baked pasta w/ roasted garlic, kale and gruyere cheese (veg)

gluten free version -baked pasta w/bacon, roasted garlic, kale and gruyere (gf)

mexican lasagna (corn tortilla- variety beans, cheese, chicken, enchilada sauce) (gf)

vegetarian version- mexican lasagna (veg + gf)

spinach, mushroom + parmesan strata (veg)

sausage, spinach, mushroom + parmesan strata

spaghetti squash w/lentil bolognese & shaved parm (veg and gf)

moroccan chicken stew (gf)

'ready to grill' pimento cheese (veg)

black bean & corn salad (v and gf)

creamy tomato basil soup (veg and gf)

greek spinach salad (veg + gf)

turkey squash chili (gf)

couscous w/dried fruit, kale, pistachios and vanilla fig dressing (NUTS!) (v)

harvest salad (NUTS, apples, blue cheese + dried cranberries with pomegranate poppyseed dressing) (veg + gf)

mediterranean chickpea (veg and gf)

dill potato salad (veg and gf)

kale salad w/butternut squash, dried cranberries & feta cheese (veg + gf)

pumpkin apple breakfast bread

lemon bars

gluten free- espresso brownie

chocolate oreo chunk cookies

cranberry orange scones

jan 27

cajun pasta w/chicken & andouille sausage

gluten- free version- cajun pasta w/chicken & andouille sausage

philly cheesesteak melties

chicken enchiladas

gluten free version- chicken enchiladas (gf)

baked tortellini w/ roasted veggies & tomato basil sauce (veg)

michaels breakfast sammies (ham, egg and pimento cheese)

michaels breakfast sammies (pimento cheese + egg) (veg)

mac + cheese with butternut squash, caramelized onions and kale (veg)

curried sweet potato and cauliflower w/rice (v + gf) (coconut milk)

chicken, curried sweet potato and cauliflower w/rice (gf) (coconut milk)

sausage & spinach lasagna

gluten free version- sausage & spinach lasagna (gf)

vegetarian version- spinach & roasted veggie lasagna (veg)

chopped italian salad (v + gf)

parmesan basil pesto biscuits (veg)

corn & leek chowder (veg + gf)

moroccan chickpea soup (v + gf)

spinach salad w/pickled onions, roasted tomatoes, bacon & blue cheese w/balsamic dressing (gf)

kale caesar salad

homestyle pasta salad (veg)

southwest sweet potato and black bean salad (v + gf)

roasted red pepper & tomato soup (v + gf)

loaf of savory bread (may contain sesame, seeds and/or nuts) (text us to clarify if you have allergies)

lemon pound cake

apple cinnamon breakfast bread

gluten free- chocolate raspberry cookies

gluten free- peanut butter swirl brownie

chocolate muffin