

dec 2

chicken sausage- lasagna w/ spinach & butternut squash

vegetarian- lasagna w/ spinach & butternut squash (veg)

gluten-free lasagna w/chicken sausage, spinach & butternut squash (gf)

southwest brisket & sweet potato stew (gf)

black bean & rice burritos (veg)

chorizo, black bean & rice burritos

quinoa & roasted veggie stuffed peppers w/mozzarella (veg and gf)

veg strata – kale, leek & parmesan (veg)

sausage strata- kale, leek & parmesan

chicken marsala over egg noodles

kale salad w/brussels & parmesan (veg and gf)

corn & bacon chowder (gf)

moroccan chickpea soup (v and gf)

garden salad w/buttermilk ranch (veg and gf)

strongarm cinnamon raisin bread

southwest orzo pasta salad (v)

gluten- free- mini salad lunch trio (potato salad, chicken salad + chickpea salad)(gf)

vegetarian- gluten- free- mini salad lunch trio (potato salad, orzo pasta + chickpea salad)(veg)

spinach salad w/butternut squash, apples & cranberries w/candied walnuts & balsamic dressing (veg + gf, NUTS!)

jalapeno cheddar cornbread (veg)

pumpkin chocolate chip breakfast bread

butterfinger chocolate cookies

apple caramel torte bars

red velvet & vanilla swirl mini bundt cake

jumbo blueberry muffins

dec 9

baked pasta w/beef ragu and shaved parmesan

gluten-free- baked pasta w/beef ragu and shaved parmesan (gf)

vegetarian moroccan chickpea & sweet potato stew (v and gf)

add chicken-moroccan chickpea & sweet potato stew (gf)

turkey & butternut squash enchiladas

gluten-free- turkey & butternut squash enchiladas

vegetarian-spaghetti squash w/lentil bolognese (v and gf)

add sausage- spaghetti squash w/lentil bolognese (gf)

southwestern chicken stuffed peppers (gf)

thai chicken curry + veggies over rice (gf)

veggie curry over rice (veg + gf)

kale caesar (gf)

asian edamame (v and gf)

black bean & corn salad (v and gf)

italian veggie orzo soup (v)

creamy tomato basil soup (veg and gf)

garlic & parmesan bread (veg)

loaf of strong arm bread-savory (veg)

harvest salad (apples, blue cheese, candied almonds) (veg + gf) NUTS!

mediterranean tortellini (veg)

jumbo chocolate muffins

apple cinnamon coffee cake

lemon pound cake

zucchini breakfast bread loaf

cranberry white chocolate & macadamia nut cookies

dec 16

meat lasagna

gluten-free meat lasagna (gf)

curried chickpea & spinach stuffed acorn squash (v and gf)

tortellini w/sausage spinach & creamy tomato basil sauce

vegetarian tortellini w/veg, spinach & creamy tomato basil sauce (veg)

“ready to warm” wraps--chicken bacon, tomato & spinach w/cheese (1 per person)

smoked gouda mac & cheese (veg)

gluten-free- smoked gouda mac & cheese (veg)

roasted root veggie stew (v and gf)

italian pasta salad (v)

gluten-free- italian pasta salad (v + gf)

curried sweet potato & apple soup (v and gf)

black bean & chorizo chili (gf)

arugula salad w/pears, blue cheese & candied walnuts w/balsamic (veg and gf) NUTS!

homestyle potato salad (veg and gf)

chopped italian salad (v and gf)

brussels sprouts w/caramelized onion & parmesan (veg and gf)

strongarm sourdough loaf (veg)

pecan pie bars

red velvet swirl brownies

cranberry orange breakfast loaf

banana chocolate chip cinnamon loaf

oreo chunk chocolate cookies