

## week of feb 3, 2025

### **entrees**

- blackened chicken stuffed peppers (gf)
- asian bbq pulled pork w/rice (gf)
- spinach & ricotta stuffed shells (veg)
- (\*add sausage) spinach & ricotta stuffed shells
- spanish chorizo & potato stew (gf)
- (\*add clams) spanish chorizo & potato stew (gf)
- chickpea + cauliflower curry w/rice (vegan + gf)  
    (\*add chicken) chickpea, cauliflower curry w/rice (gf)
- ham, apple, white cheddar rosemary croissant bake
- mushroom stroganoff w/egg noodles (veg)
- “ready to grill” pimento cheese sammies (veg)

### **sides**

- asian slaw (vegan + gf)
- kale + chickpea caesar salad (gf)
- spinach salad w/bacon, apples, caramelized onions and maple balsamic vinaigrette (gf)
- garlic parmesan jumbo biscuits (veg)
- creamy tomato basil soup (veg + gf)
- tuscan white bean soup (vegan + gf)
- thai chopped salad w/ginger lime dressing (vegan + gf)
- winter pasta salad w/creamy poppyseed dressing (veg)
- mediterranean chickpea salad (veg + gf)
- loaf of savory bread (may contain sesame, seeds and/or nuts) (text us to clarify if you have allergies)

### **desserts**

- banana chocolate chip cinnamon coffee cake
- zucchini + apple breakfast loaf
- blueberry scones w/lemon glaze
- oatmeal choc chip cookies (gluten free)
- espresso white chocolate brownie (gluten free)

## week of feb 10th, 2025

### **entrees**

- michael's english muffin breakfast sammies w/bacon & pimento cheese
- black bean and sweet potato enchiladas (veg)  
(\* add chorizo sausage) black bean and sweet potato enchiladas
- lentil bolognese lasagna (veg)  
(\*meat lasagna)
- jamaican curry chicken over rice (gf)
- vegetable barley soup (veg)  
(add beef) vegetable barley soup
- mushroom arugula & goat cheese baked pasta (veg)  
(\*add chicken) mushroom arugula & goat cheese baked pasta (gf option)
- tortellini & meatball stew
- blacked chicken, spinach mozzarella & roasted tomato stuffed peppers (gf)

### **sides**

- roasted tomato thyme & parmesan scones (veg)
- collard green slaw (v + gf)
- mexican street corn salad w/cotijo (veg)
- kale w/dried fruit feta and blueberries (veg + gf)
- caribbean black bean & rice (veg)
- broccoli, apple + walnut salad (veg + gf)
- garden salad w/ranch dressing (veg + gf)
- strong arm cinnamon raisin bread (veg)
- creamy tomato green chile bisque (veg + gf)

### **desserts**

- jumbo blueberry muffin (veg)
- cranberry orange oatmeal breakfast cookie (veg)
- seasonal fruit bowl (veg + gluten free)
- caramel pecan brownie (veg + gluten free)
- lemon pound cake (veg)

## week of feb 17<sup>th</sup>

### entrees

- chipotle chicken & rice burritos
- sloppy joe melties
- spinach & roasted veggie lasagna (veg)  
(\*add ground turkey) spinach & roasted veggie lasagna
- (\*gluten free -add ground turkey) spinach & roasted veggie lasagna (gf)
- cajun pasta w/chicken & andouille sausage  
(\*gluten free) cajun pasta w/chicken & andouille sausage (gf)
- thai chicken salad wrap (contains peanut)
- eggplant parmesan & spaghetti squash casserole (veg + gf)
- spinach, roasted pepper + feta cheese baked strata (veg)
- stuffed portobello w/wild rice & spinach (veg)  
(\*add sausage) stuffed portobello w/wild rice & spinach

### sides

- white bean, butternut squash & rosemary soup (v + gf)
- sausage & cream cheese biscuits
- harvest salad (apples, dried cranberries, nuts, blue cheese) (veg + gf)
- arugula salad w/roasted tomatoes & goat cheese (veg + gf)
- chicken noodle soup  
(gluten free) chicken noodle soup (gf)
- spinach salad w/bacon, oranges & pickled onions tangy french dressing (gf)
- asian edamame (contains sesame & soy) (vegan)
- homestyle pasta (veg)
- egg salad (8 or 16 oz) (gf)
- Or loaf of savory bread (may contain sesame, seeds and/or nuts)

### desserts

- (gluten free) raspberry scones (veg)
- cinnamon apple breakfast loaf (veg)
- butterfinger cheesecake parfaits (veg)
- (gluten free) peanut butter chocolate chip cookies (veg)
- lemon bars (veg)

## **week of feb 24th**

### **entrees**

- asian bbq pork stuffed sweet potatoes (gf)
- sweet potato black bean enchilada pie (veg + gf)
- blackened chicken & veggie pasta
- (\*gluten free) blackened chicken & veggie pasta (gf)
- blackened veggie pasta (veg + gf)
- chicken curry and rice (gf)
- family ham cuban sammies
- italian ground turkey & spinach stuffed peppers (gf)
- kale, roasted tomato & parmesan croissant bake (veg)
- (\*add sausage) kale, roasted tomato & parmesan croissant bake
- smoked gouda mac & cheese (veg)
- (\*gluten free) smoked gouda mac & cheese (veg)

### **sides**

- homestyle potato salad (veg + gf)
- corn & bacon chowder (gf)
- basil pesto & parmesan biscuits (veg)
- chopped italian salad w/balsamic dressing (vegan + gf)
- garden salad w/buttermilk ranch (veg + gf)
- italian lentil soup (vegan + gf)
- 4 pack michael's english muffins (veg)
- southwest chickpea salad (veg + gf)
- jalapeno cheddar cornbread (veg)

### **desserts**

- cranberry spice breakfast loaf (veg)
- carrot & apple cookies (veg)
- (gluten free) blueberry almond coffee cake (veg)
- (gluten free) seasonal fruit & yogurt parfaits (veg)
- jumbo chocolate muffins (veg)