

may 5th

entrees:

- ready to grill buffalo chicken quesadillas
- vegetarian- chilled greek noodle salad (veg)
- add chicken- chilled greek noodle salad
- add chicken + gluten free- chilled greek noodle salad (gf)
- tortellini w/basil pesto cream and roasted tomatoes (veg)
- entree cobb salad with buttermilk ranch dressing(gf)
- zucchini boats w/meatballs, tomato basil sauce & mozzarella (gf)
- baked pasta w/meatballs, tomato basil sauce & mozzarella
- asparagus, prosciutto + goat cheese quiche
- asparagus + goat cheese quiche (veg)
- asparagus, prosciutto + goat cheese fritatta (gf)
- turkey club family sammie w/avocado mayo

sides/salads:

- beet carrot & apple salad (v and gf)
- wheatberry & kale salad w/seasonal fruit & sunflower seeds (veg)
- arugula salad nectarine, blueberry & goat cheese w/pomegranate poppy seed dressing(veg & gf)
- creamy white bean & tomato soup (veg and gf)
- cucumber, radish & dill salad (veg and gf)
- spinach, cucumber and strawberry salad w/feta cheese (veg and gf)
- chopped italian salad w/basil pesto vinaigrette (v and gf)
- roasted veggie pasta salad (v)
- southwest pasta salad (v)
- gluten free southwest pasta salad (v and gf)
- basil pesto ciabatta (veg)

desserts:

- lemon cranberry muffins
- blueberry cream cheese bread (gf)
- chocolate butterfinger cookies
- carrot & apple oatmeal breakfast cookies
- raspberry brownies (gf)

may 12th

entrees:

- entree salad (nectarines berries, blueberries, goat cheese, candied almonds (veg and gf)
- entree salad (above) w/chicken (gf)
- chicken tinga chicken tacos – flour tacos
- chicken tinga chicken tacos – corn tacos (gf)
- chilled asian veggies noodles (veg)
- chilled asian veggies w/chicken noodles
- chilled asian veggie noodles w/chicken (gf)
- black bean & rice enchiladas (veg) (comment if you want gf)
- chorizo, black bean & rice enchiladas (comment if you want gf)
- chicken, spinach + artichoke melties with provolone
- italian beef & spinach stuffed peppers (gf)
- mediterranean quinoa veggie & chickpea bowls (veg)

sides:

- spinach salad w/ asparagus tomato blue cheese & candied pecan (balsamic vin) (veg and gf)
- spanish rice w/black beans (veg)
- thai carrot & ginger soup (v and gf–contains coconut milk)
- italian caponata pasta salad (roasted eggplant & veggies) (veg)
- gluten free- italian caponata pasta salad (roasted eggplant & veggies) (veg + gf)
- panzanella salad w/homemade croutons & basil vinaigrette (veg)
- pesto garlic hummus (8 or 16 oz)
- 4 pack michaels english muffins
- mediterranean chickpea (veg and gf)
- garlic parmesan ciabatta

desserts:

- blueberry muffins
- fruit & yogurt parfaits (layered)
- banana chocolate chip breakfast bread (gf)
- oreo brownies
- lemon bars

may 19th

entrees:

- lemon basil pesto & roasted tomato parmesan pasta (veg)
- gf-lemon basil pesto & roasted tomato parmesan pasta (veg + gf)
- entree salad–asian w/citrus ginger dressing and candied almonds (veg and gf)
- entree salad–w/chicken (gf)
- southwest quinoa bowls w/black bean and corn (1-16 oz per person) (veg)
- add chicken- southwest quinoa bowls w/black bean and corn (1-16 oz per person)
- chicken florentine stuffed peppers (gf)
- bbq brisket & cheddar melties
- spinach & roasted veggie lasagna rollups (veg) (can add ground turkey)
- ground turkey, spinach & roasted veggie lasagna rollups
- chicken, spinach & green chile ready to grill quesadillas

sides:

- arugula fennel & apple salad w/candied walnuts & pomegranate seeds w/apple cider vin (v +gf)
- greek pasta salad (veg)
- gf- greek pasta salad (veg +gf)
- green bean potato salad w/dijon vinaigrette (v and gf)
- chipotle bakes beans (v and gf)
- hummus trio (roasted pepper/spin artichoke/traditional (mini trio container)(veg + gf)
- chickpea, cucumber + cilantro (v and gf)
- berry salad (NUTS!)(veg + gf)
- english muffin (flavor may vary- text us if you have allergies or preference)

desserts:

- chocolate muffin
- raspberry scones (gf)
- salted caramel chocolate cookies (gf)
- key lime cheesecake bars
- strawberry shortcake parfaits

(no monday plans- memorial day)

may 26th (tuesday start)

entrees:

- entree salad–berry salad w/chicken & goat cheese (gf)
- lemon chicken orzo w/roasted tomatoes (veg)
- buffalo chicken stuffed peppers (gf)
- veggie fajita enchiladas (veg)
- chicken fajita + veggie enchiladas
- gluten free- roasted veggie + chicken fajita enchiladas (gf)
- curried cauliflower, chickpea & rice bowls (v and gf)
- add chicken- curried cauliflower, chickpea & rice bowls (gf)
- stuffed eggplant w/fresh basil, roasted veggies & mozzarella (veg + gf)
- add sausage- stuffed eggplant w/fresh basil, roasted veggies & mozzarella (gf)
- jumbo sammies-turkey caprese (tomato, mozzarella + basil pesto)

sides:

- arugula salad w/shaved beets, oranges candied almonds & goat cheese w/citrus vinaigrette (veg + gf)
- bowtie pasta w/sundried tomato pesto & olive tapenade (veg)
- greek white bean salad (veg and gf)
- caprese pasta salad (pipette pasta) (veg)
- fennel & apple slaw (v and gf)
- caesar salad w/housemade croutons
- chopped italian salads (v and gf)
- black bean corn (v and gf)
- blue cheese butter ciabatta

desserts:

- banana nut muffins
- seasonal fruit cups (gf)
- zucchini apple loaf
- smores brownies
- chocolate chip cookies (gf)