



COOK. BAKE. NOURISH.
Health and Wellness

LUNCH

Seared Salmon over *traditional Greek salad*

Chicken & Roasted Root Vegetable Grain Bowl with *pistachio pesto dressing*

Chicken Pesto Soup

Za'atar Crusted Chickpeas with *broccoli, brown rice and baby kale pilaf and creamy tahini sauce*

Mediterranean Chopped Salad with *millet "falafel", avocado tomato relish and lemon oregano vinaigrette*

Lentil Salad with *mustard and tomatoes*

DINNER

Herbed Baked Halibut with *salsa verde sauce, roasted cauliflower & arugula salad with slow roasted tomatoes, chickpeas and lemony vinaigrette*

Garlic, Herb & Lemon Grilled Shrimp Skewers with *local greens salad and roasted sweet potato wedges*

Miso Salmon with *loaded vegetable pad thai & roasted carrots*

Hibachi- Style Chicken with *sweet + spicy mustard sauce; mixed vegetables and brown rice*

Chicken Enchiladas Verde with *tangy cabbage cilantro slaw*

Grilled flank Steak Gyros with *grilled vegetables, tomatoes, watercress and spiced yogurt sauce; served with pita*

Tempeh & Vegetable Stir-fry with *creamy peanut butter sesame sauce*

Portobello Fajita with *a cilantro lime marinade; peppers and onions*

BREAKFAST/SNACK/EXTRAS

Carrot Lentil Cakes with *garlic – herb tahini sauce*

Roasted Beet Hummus with *crudité*

Coconut Crusted Chicken Tenders with *dipping sauce*

Kale Slaw with *creamy mustard dressing*

Pear Hazelnut Oat Muffins

Vanilla Maple Chia Pudding

Pumpkin Maple Pecan Granola

Mini Roasted Vegetable Frittata Cups