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April 12 - May 4, 2017

Order all 4 weeks & PAY by April 5 & delivery is FREE (\$20 savings – minimum order amounts of \$50 per week apply). Weekly orders must be placed no later than 5PM Friday for the upcoming week's delivery. Please specify vegetarian or non where applicable

DELIVERY ON APRIL 12/13

Polenta Stuffed Peppers - Bell peppers hold a savory filling of creamy herb & cheese laced polenta topped with our marinara sauce & Italian cheeses. **\$9 per serving vegetarian; \$9.50 ground turkey**
Cutlets with Matzo Stuffing - Chicken or tofu cutlets are baked with savory spices and served over a delicious matzo and vegetable stuffing with homemade gravy. **\$9 per serving**
Pasta Primavera - A mélange of fresh steamed vegetables with linguine, garlic, fresh herbs & Parmesan. **\$9 per serving vegetarian; \$9.50 with grilled chicken**
Wampanoag Rice Casserole - A real Native New England dish with wild & long grain rice, beans, corn & squash & spring greens. **\$9 per serving vegetarian; \$9.50 with roast turkey**
Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with lower fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
Greek Salad - Romaine with peppers, tomatoes, red onion, kalamata olives & feta cheese & our homemade Greek dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup - Moroccan Chicken Vegetable **\$6 per pint; \$10 per quart**
Burrito - Green Chile & Refried Black Beans (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Dessert - Coconut Macaroons **\$7 1/2 doz; \$13 1 doz**
Side Veggies - **\$5 each** 1 - Roasted Brussels Sprouts/ 2 - Herb Roasted Red Bliss Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 - Honey Mustard/ 2 - Teriyaki
Deli Salads - **\$7.50 each** 1 - Israeli Chopped Salad/ 2 - Dijon Chicken Salad w/Roasted Peppers
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON APRIL 19/20

Tuscan Rice Salad - Brown rice with a delicious combination of roasted peppers, artichokes, chickpeas, assorted olives, marinated eggplant & fresh mozzarella **\$9 per serving vegetarian; \$9.50 tuna**
Cranberry Dijon Cutlets - Chicken or tofu is baked with a delicious cranberry mustard sauce with fresh thyme & lemon, served over couscous and topped with roasted red onions. **\$9 per serving**
Singapore Noodles - Rice noodles with a delicious curry sauce are topped with stir fried veggies & mushrooms & your choice of teriyaki baked chicken or tofu. **\$9 per serving**
Quinoa Primavera - A healthy & colorful mélange of the ancient superfood quinoa, roasted corn, yams & potatoes, asparagus, shallots & fresh herbs. **\$9 per serving veg; \$9.50 per serving roast turkey**
Lasagne Florentine - Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. **\$9 per serving vegetarian; \$9.50 turkey sausage**
Pomegranate Spinach Salad - Baby spinach with shredded carrots, red bell peppers, grape tomatoes, dried cranberries, toasted almonds with sharp cheddar & a citrus pomegranate dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken**
Soup - Farmhouse Lentil (vegetarian) **\$6 per pt; \$10 per quart**
Burrito - Pico de Gallo w/Beans & Cheese **\$6 vegetarian; \$7 grilled chicken**
Dessert - Ginger Apple Crisp Small - **\$7; Large - \$13**
Side Veggies - **\$5 each** 1 - Italian Broccoli/ 2 - Roasted Fingerling Sweet Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 - Korean BBQ/ 2 - Maple Balsamic
Deli Salads - **\$7.50 each** 1 - Aegean Veggie (contains cheese) / 2 - Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

Please see other side for weeks of April 26/27 & May 3/4

DELIVERY ON APRIL 26/27

Spinach Feta Quiche – Spinach, garlic & herbs are baked in a golden custard with feta, mozzarella, Romano & Asiago cheeses. **\$9 per serving**

Tandoori Cutlets - Chicken or tofu is marinated in yogurt & Indian spices, baked & served over basmati rice pilaf. **\$9 per serving**

Eggplant Pasta Alfredo – A fabulous original dish with lightly breaded baked eggplant slices served over penne pasta with a delicious low fat herb Alfredo sauce & Parmesan cheese. **\$9 per serving.**

Meatloaf with Stuffing – Savory individual meatloaves are topped with a rich brown gravy and served over homemade bread stuffing. **\$9 per serving vegetarian; \$9.50 ground turkey**

Red Chile Enchiladas - Corn tortillas are rolled with shredded chicken or homemade refritos (pinto beans) & smothered with our Chimayo red chile (family recipe!), cheese, onions & olives. **\$9 per serving**

Bar Harbor Salad - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup –Chicken Minestrone **\$6 per pint; \$10 per quart**

Burrito – Black Bean, Rice & Chipotle **\$6.50 vegetarian; \$7.50 turkey**

Dessert – Toll House Cookies (nuts) **½ doz - \$7; 1 doz - \$13**

Side Veggies - **\$5 each 1** –Roasted Curried Cauliflower/ **2** – Mashed Sweet Potatoes

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 – Provencale Herb / **2** – Ginger Scallion

Deli Salads - \$7.50 each 1 –Edamame Hummus **2** – Greek Chicken (contains feta)

Fresh Fruit Salad - \$7 per pint

Maple Pecan Cranberry Granola - \$7 per quart container

DELIVERY ON MAY 3/4

Israeli Couscous Pilaf – Delicious warm or cold, couscous is combined with kale, crimini mushrooms, carrots, fresh herbs & curry. **\$9 per serving vegetarian; \$9.50 roast turkey**

Cutlets Tzatziki –Chicken or tofu is marinated & baked with lemon juice, olive oil, garlic & herbs & served over rice & orzo pilaf with our Greek yogurt & cucumber sauce. **\$9 per serving**

North End Pasta – Rigatoni with sautéed peppers, tomatoes, onions & herbs is topped with Asiago & Romano cheese . **\$9 per serving vegetarian; \$9.50 chicken sausage**

Sweet Potato & Barley Chili - A healthy mild chili with sweet potatoes, barley, veggies & just the right amount of spice. **\$9 per serving vegetarian; \$9.50 ground turkey**

Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese- laced mashed new potatoes. **\$9 per serving**

Baby Kale Salad – Greens with shredded carrots, grape tomatoes, golden raisins, glazed pecans & a homemade lemon vinaigrette & feta cheese. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup – Fresh Corn Chowder (vegetarian, dairy) **\$6 per pint; \$10 per quart**

Burrito – Red Chile w/beans & cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

Dessert – Coconut Caramel Pecan Squares **small - \$7; large - \$13**

Side Veggies - **\$5 each 1** – Sauteed Asparagus & Heirloom Cherry Tomatoes/ **2** – Roasted Potato Melange

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 –Pomegranate Molasses/ **2** – Soy Coconut

Deli Salads - \$7.50 each 1 –Real Egg Salad/ **2** – Mediterranean Chicken

Fresh Fruit Salad - \$7 per pint

Maple Pecan Cranberry Granola - \$7 per quart

Please note there is a \$5 delivery fee for all orders unless you order all 4 weeks and I receive your payment by April 5

Minimum amount for delivery is \$50 (\$55 including delivery fee)

Special requests are available on the entrees only for \$5 per request. This includes non-dairy requests.

Gift Certificates are available! Call (781-293-8422) or email (cookingftheart@gmail.com) us for more information!

There is a one time fee of \$25 for use of pyrex plates for entrée servings of 2 or more in a single dish if you choose the pyrex. Single servings are always delivered in disposable containers, and larger servings are also delivered in the disposable containers.