

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
Fax: 866-537-6463 email: cookingftheart@gmail.com Website: www.cookingfth.com

April 11 - May 3, 2018

NO DELIVERY APRIL 4/5! Order all 4 weeks & PAY by April 1 & 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 11/12

Triple Corn Stuffed Peppers - Bell peppers hold a savory & spicy filling of creamy polenta, roasted & fresh corn with pepperjack cheese. **\$9 per serving vegetarian; \$9.50 ground turkey**
Greek Lemon Cutlets– Chicken or tofu cutlets are marinated & baked in our homemade Greek dressing with garlic & oregano & served over roasted new potatoes. **\$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**
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 –Mulligatawny (curried vegetarian red lentil) **\$6 per pint; \$10 per quart**
Burrito –Green Chile & Refried Black Beans (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Side Veggies - **\$5 each** 1 –Roasted Brussels Sprouts/ 2 – Sweet Potato Homefries
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 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 18/19

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**
Cutlets Marbella - Chicken or tofu is marinated with red wine vinegar, olive oil, capers & oregano, baked with dried plums & cranberries & served over couscous. **\$9 per serving**
Chinese Meatballs –Turkey or tofu balls flavored with garlic, ginger & scallions are served over rice noodles with stir fried vegetables. **\$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**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9 per serving vegetarian; \$9.50 turkey sausage**
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 –Chicken Tortellini **\$6 per pt; \$10 per quart**
Burrito – Pico de Gallo w/Beans & Cheese **\$6 vegetarian; \$7 grilled chicken**
Side Veggies - **\$5 each** 1 –Italian Broccoli/ 2 – Roasted Fingerling Sweet Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 –Korean BBQ/ 2 – Maple Balsamic
Deli Salads - **\$7.50 each** 1 – Lentil, Red Pepper & Feta/ 2 –Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON APRIL 25/26

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**

Pasta with Roasted Asparagus –Penne is combined with fresh roasted asparagus & cherry tomatoes, garlic, Parmesan & fresh herbs. **\$9 per serving vegetarian; \$9.50 with grilled chicken**

BBQ Meatloaf– Savory individual meatloaves are topped with a sweet hot BBQ sauce and served over sour cream & chive mashed potatoes. **\$9 per serving**

Smothered Green Chile Burritos - Flour tortillas are rolled with refried beans & cheese & smothered in our authentic TexMex green chile sauce. **\$9 per serving vegetarian; \$9.50 ground turkey**

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

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

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

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 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 2/3

Orange Balsamic Couscous – A CFTH original, couscous is combined with chickpeas, fresh roasted red peppers, golden raisins, black olives , fresh herbs & a homemade citrus balsamic dressing. **\$9 per serving vegetarian; \$9.50 grilled chicken**

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 – Moroccan Chicken Vegetable **\$6 per pint; \$10 per quart**

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

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

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 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 1

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.