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## August 7-29, 2019

Order all 4 weeks & PAY by **August 1** & delivery is FREE (\$20 savings)

Minimum order of \$50 per week applies. If you order weekly, orders must be submitted by 5PM Friday for the upcoming week

### DELIVERY ON AUGUST 7/8

**Couscous a la Grecque** - A delicious summer salad with Israeli couscous, cucumbers, tomatoes, feta, olives, peppers & herbs & our homemade Greek lemon dressing. **\$9 per serving veg; \$9.50 chicken**

**Cutlets Provencale** - Chicken or tofu is marinated & baked with fresh herbs & lavender & served on a bed of sautéed potatoes, zucchini & caramelized onions. **\$9.00 per serving**

**Curried Thai Rice Noodles** - Rice noodles are drenched in an authentic Thai coconut curry sauce with green beans, summer squash, snow peas, shitake mushrooms, sweet onions & your choice of chicken or tofu. **\$9.00 per serving**

**Picadillo Pie** - A fantastic combination of spices (cinnamon, red chile, cloves, oregano) with your choice of ground turkey or tofu & raisins & almonds is topped with sweet potatoes. **\$9.00 per serving**

**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food, pasta shells with low fat Alfredo sauce & 4 cheeses are topped with toasted crumbs. **\$9.00 per serving**

**Berry Spinach Salad** - Baby spinach with assorted dried berries, toasted almonds, Gorgonzola & raspberry citrus dressing on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

**Soup** - Lentil & Broccoli Rabe **\$6 per pint; \$10 per quart**

**Burrito** - Green Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with ground turkey**

**Side Veggies** - **\$5.00 each** 1 -Summer Squash Melange / 2 -Potato & Green Onion Salad

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 -Ginger Orange/ 2 -BBQ

**Deli Salads** - **\$7.50 each** 1 -Cape Cod Tofu Salad (contains nuts) 2 - Mandarin Chicken & Broccoli

**Fresh Fruit Salad** - **\$7.00 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart container**

### DELIVERY ON AUGUST 14/15

**Corn & Coconut Tabouli** - Cracked wheat is combined with fresh corn, poblano peppers, cilantro, mint & lime juice for a new take on a classic! **\$9 per serving veg; \$9.50 grilled chicken**

**Holsin Cutlets** - Chicken or tofu is marinated & baked in an authentic Chinese sauce, served over brown basmati rice & topped with peanuts & scallions. **\$9.00 per serving**

**Pasta with Yams & Edamame** - Two super foods in one dish! Roasted yams, edamame & penne pasta are tossed with Asiago cheese & fresh herbs. **\$9.00 per serving veg; \$9.50 chicken sausage**

**Thai Chick Pea Curry** - A mélange of fresh veggies is combined with chickpeas, potatoes, fresh basil and authentic Thai green curry. **\$9.00 per serving**

**Baked Ziti** - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9.00 per serving veg; \$9.50 turkey sausage**

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

**Soup** - Fresh Corn Chowder **\$6.00 per pint; \$10.00 per quart**

**Burrito** - Pico de Gallo, Beans & Cheese **\$6.50 vegetarian; \$7.50 grilled chicken**

**Side Veggies** - **\$5.00 each** 1 -Cauliflower au Gratin/ 2 - Veggie German Potato Salad

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 -Maple Balsamic / 2 - Lemon Dijon

**Deli Salads** - **\$7.50 each** 1 -Italian Mozzarella & Veggie/ 2 - Cape Cod Chicken (contains nuts)

**Fresh Fruit Salad** - **\$7.00 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart container**

## DELIVERY ON AUGUST 21/22

**Wheat Berry Waldorf Salad** – A delicious take on an old classic with nutty wheat berries, crisp apples, dried currants, celery, fennel, sharp cheddar, toasted walnuts & a refreshing vinaigrette. **\$9.00 per serving veg; \$9.50 grilled chicken**

**Orange Pineapple Spice Cutlets** – Chicken or tofu is baked with fresh pineapple & oranges & fragrant spices & served over couscous. **\$9.00 per serving**

**North End Pasta** – One of our favorite pasta dishes, penne is tossed with farm stand tomatoes, peppers & onions, fresh herbs, & Asiago. **\$9.00 per serving veg; \$9.50 chicken sausage**

**Asparagus Dill Quiche** – Fresh asparagus & dill is baked in a golden custard with Swiss, Havarti & cheddar cheese. **\$9.00 per serving**

**Greek Rice & Eggplant Casserole** – Farm stand eggplant & tomatoes are combined with brown jasmine rice, feta cheese & fresh herbs. Can add ground turkey. **\$9 per serving veg; \$9.50 per serving turkey**

**Baby Kale Salad** – Greens with bell peppers, grape tomatoes, carrots, dried cranberries & toasted sesame dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

**Soup** – Tuscan Kale Minestra (contains parmesan cheese) **\$6.00 per pint; \$10.00 per quart**

**Burrito** – Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 ground turkey**

**Side Veggies** – **\$5.00 each 1** – Italian Broccoli / **2** – Confit Potatoes

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** – Korean BBQ/ **2** – Cranberry Mustard

**Deli Salads** – **\$7.50 each 1** – Roasted Garlic Hummus **2** – Greek Chicken

**Fresh Fruit Salad** – **\$7.00 per pint**

**Maple Pecan Cranberry Granola** – **\$7 per quart container**

## DELIVERY ON AUGUST 28/29

**Asian Rice & Vegetable Salad** – A delicious and healthy combination of brown jasmine rice, broccoli, red bell peppers, water chestnuts & scallions with a toasted sesame dressing . **Please specify chicken or tofu. \$9.00 per serving**

**Cutlets a la Grecque** – Chicken or tofu is baked with fresh tomatoes, red onions, lemon juice, fresh herbs & olive oil, served over rice & orzo pilaf & topped with feta cheese. **\$9.00 per serving**

**Spaghetti Bolognese** – A summer harvest of fresh veggies simmered with tomatoes, herbs & red wine is combined with spaghetti & topped with Parmesan & Romano. **\$9.00 per serving veg; \$9.50 ground turkey**

**Peppers Ali Baba** – Green bell peppers are stuffed with spiced bulgur, oranges, dates & pistachios & fresh mint. **\$9.00 per serving vegetarian; \$9.50 turkey**

**Santa Fe Enchilladas** – Corn tortillas are rolled with roasted corn & poblanos, black beans & queso fresco & smothered in our Chimayo red chile sauce. **\$9.00 per serving vegetarian; \$9.50 with grilled chicken**

**Caesar Salad** – Green leaf lettuce with shaved Parmesan & homemade croutons & creamy dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken**

**Soup** – Three Sisters Stew (with corn, beans & squash) **\$6 per pint; \$10 per quart**

**Burrito** – Black Bean & Sweet Potato (contains cheese) **\$6.50 vegetarian; \$7.50 ground turkey**

**Side Veggies** – **\$5.00 each 1** – Green Bean Almondine/ **2** – Roasted Fingerling Potatoes

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** – Honey Mustard/ **2** – Provencale

**Deli Salads** – **\$7.50 each 1** – Lebanese Lentil, Red Pepper & Feta/ **2** – Old Fashioned Tuna

**Fresh Fruit Salad** – **\$7 per pint**

**Maple Pecan Cranberry Granola** – **\$7 per quart**

**Please note there is a \$5 delivery fee per week for all orders unless you order all 4 weeks and I receive your payment by August 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](mailto:cookingftheart@gmail.com)) us for more information!**

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more entrees in a single dish IF YOU CHOOSE TO USE THE PYREX. Single servings and multiple entrée orders are delivered in disposable containers. It is not necessary to use the pyrex if you are trying out our service or prefer the disposable containers.