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**December 6, 2017 – January 4, 2018**  
**Happy Holidays!!**

**(Order all 4 weeks and pay by December 1 and delivery is FREE!)**  
**Please note our holiday schedule – no delivery on December 27/28**  
**We offer Gift Certificates!**

### **DELIVERY ON DECEMBER 6/7**

**Couscous a la Grecque** – Israeli Couscous with fresh bell peppers, cucumbers, heirloom tomatoes, red onions, Kalamata olives & feta cheese with our homemade Greek lemon dressing & fresh herbs. **\$9 per serving veg; \$9.50 grilled chicken**

**Salsa Verde Cutlets** - Chicken or tofu is marinated & baked with fajita seasonings, served over Mexican rice & smothered with a fresh poblano & tomatillo sauce and a sprinkling of queso fresco. **\$9 per serving**

**Pacific Fusion Rigatoni** –A creamy Asian inspired peanut sauce with pasta & spicy roasted yams with green onions. **\$9 per serving veg; \$9.50 chix sausage**

**Winter Stew** – A delicious & healthy chili with black beans, hominy, red & green peppers & butternut squash. Can add ground turkey. **\$9 per serving veg; \$9.50 ground turkey**

**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**

**Berry Spinach Salad** – Baby spinach with dried blueberries & cranberries, toasted pecans & Gruyere cheese & homemade raspberry citrus vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

**Soup** - Turkey Vegetable Noodle Soup **\$6 per pint; \$10 per quart**

**Burrito** - Red Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

**Side Veggies** - **\$5 each** 1 –Maple Acorn Squash/ 2 – Homemade Refritos

**a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8)** 1 –Apricot Dijon /2 – Soy Coconut

**Deli Salads** - **\$7.50 each** 1 –Baba Ganoush/ 2 –Cape Cod Chicken (nuts)

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

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

### **DELIVERY ON DECEMBER 13/14**

**Stuffed Sweet Potatoes Deluxe** – Organic sweet potatoes are baked & topped with fresh steamed broccoli, caramelized onions & sharp cheddar. **\$9 per serving veg; \$9.50 roast turkey**

**Savory Moroccan Cutlets** - Chicken or tofu is baked in a saffron orange tomato sauce with Kalamata olives & raisins & served over couscous **\$9 per serving**

**Portabella Pasta** - Sauteed fresh portabella & shitake mushrooms with roasted butternut squash, herbs & asiago cheese is tossed with fusilli. **\$9 per serving**

**Andean Quinoa** - High protein quinoa with Yukon gold & sweet potatoes, roasted corn & poblano peppers, scallions, queso fresco & fresh herbs. **\$9 per serving veg; \$9.50 grilled chicken**

**Lasagne Florentine** - Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**

**Bar Harbor Salad** – Mesclun mix with carrots, grape tomatoes, walnuts, raisins & maple balsamic dressing & Gorgonzola cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

**Soup** –Italian Vegetable Gnocci **\$6 per pt; \$10 per quart**

**Burrito** - Potato, Bean & Poblano **\$6.50 vegetarian; \$7.50 grilled chicken**

**Side Veggies** - **\$5 each** 1 –Roasted Fingerling Potatoes/ 2 – Glazed Carrots

**a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8)** - 1 –Garlic Chipotle/ 2 –Provencale

**Deli Salads** - **\$7.50 each** 1 –Real Egg & Green Onion Salad/ 2 –Greek Chicken (dairy)

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

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

Please see other side for weeks of December 20/21 & January 3/4

## DELIVERY ON DECEMBER 20/21

**Roast Pepper & Broccoli Quiche** – Fresh roasted red bell peppers & broccoli florets are baked in a golden custard with havarti, Gruyere & cheddar cheeses. **\$9 per serving**

**Cutlets with Pears & Shitakes** - A festive winter dish, baked chicken or tofu is served over basmati rice & topped with a luscious coconut curry sauce with sautéed pears, fresh shitake mushrooms & golden raisins. **\$9 per serving**

**Eggplant Pasta Alfredo** – Sliced eggplant is lightly breaded and baked & served over penne pasta with our delicious low fat Alfredo sauce with fresh herbs & Parmesan cheese. **\$9 per serving**

**Keftedes** – Ground turkey or tofu meatballs are seasoned with mint & Romano cheese & served over rice & orzo pilaf with our fabulous tzatziki (yoghurt & cucumber) sauce on the side **\$9 per serving**

**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**

**Celebration Salad** - Mixed greens with roasted grapes, candied pecans & a pomegranate dressing & gorgonzola cheese on the side. **\$7.50 veg; \$9.50 grilled chicken**

**Soup** – Chicken & Winter Vegetable **\$6 per pint; \$10 per quart**

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

**Side Veggies** - **\$5 each** 1 – Green Beans Almondine/ 2 - Maple Whipped Sweet Potatoes

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

**Deli Salads** - **\$7.50 each** 1 – Greek Tabouli / 2 – Sesame Chicken & Broccoli

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

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

## DELIVERY ON JANUARY 3/4

**Maple Wheat Berry Salad** - Our favorite main dish salad any time of year! Wheat berries are combined with tart apples, fresh peppers, scallions, sharp Vermont cheddar & a maple Dijon dressing. **\$9 per serving veg; \$9.50 grilled chicken**

**Teriyaki Cutlets** – Chicken or tofu is baked in our teriyaki sauce & served over jasmine rice with a garnish of scallions & peanuts. **\$9 per serving**

**Pasta with Pumpkin Pesto** – Penne is combined with pumpkin, fresh herbs, garlic, ricotta & pumpkin seeds with freshly grated Parmesan & Romano cheeses. **\$9 per serving**

**Green Chile Burritos** – Flour tortillas are rolled with refried beans or ground turkey, smothered in our family recipe Tex Mex Green Chile & topped with cheddar & jack cheese. **\$9 per serving**

**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**

**Greek Salad** – Romaine with bell peppers, grape tomatoes, red onions & Kalamata olives with our homemade lemon Greek dressing & feta on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

**Soup** – White Bean Spinach Potage **\$6 per pint; \$10 per quart**

**Burrito** – Black Bean & Sweet Potato **\$6.50 vegetarian; \$7.50 with ground turkey**

**Side Veggies** - **\$5 each** 1 – Cauliflower au Gratin/ 2 – Rosemary Roast Potatoes

**a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8)** 1 – Greek Lemon/ 2 - Pomegranate Molasses

**Deli Salads** - **\$7.50 each** 1 – Italian Fresh Mozzarella & Veggie/ 2 – Mediterranean Chicken

**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 DECEMBER 1.** Minimum amount for delivery is \$50 (\$55 including delivery fee). **PAYMENT IS DUE IN ADVANCE OR AT THE TIME OF DELIVERY.** You may pay by check or via paypal using the email address [cookingftheart@gmail.com](mailto:cookingftheart@gmail.com)

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!

IF YOU CHOOSE TO USE THE PYREX, there is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish. Otherwise you will receive disposable containers.