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February 8 – March 2, 2017

Order all 4 weeks and PAY by February 1 and delivery is FREE! 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 FEBRUARY 8/9

Couscous a la Grecque – Israeli couscous with tomatoes, red onions, cucumbers, peppers, feta, Kalamata olives & fresh herbs in a lemon vinaigrette. Can add grilled chicken. **\$9 per serving veg/\$9.50 per serving grilled chicken**

BBQ Bleu Cutlets – Chicken or tofu is baked with savory herbs, lemon & olive oil, served over roasted potatoes & topped with our creamy BBQ bleu cheese sauce. **\$9 per serving**

Spaghetti & Meatballs – Turkey or tofu balls are flavored with Italian herbs & garlic, served over spaghetti & topped with our marinara sauce & Italian cheeses. **\$9 per serving**

Smothered Salsa Verde Burritos – Flour tortillas are rolled with ground turkey or queso fresco & smothered with our homemade salsa verde. **\$9 per serving.**

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

Caesar Salad – Romaine lettuce with homemade croutons, shaved Parmesan cheese & creamy Caesar dressing. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Chicken Mushroom Barley **\$6 per pint; \$10 per quart**

Burrito - Black Bean & Sweet Potato (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**

Dessert –Chocolate Chip Cookies (nuts) **\$7 1/2 dozen; \$13 dozen**

Side Veggies - **\$5 each** 1 –Haricot Verts/ 2 – Old Fashioned Mashed Potatoes

a la carte Cutlets - Tofu & Chicken **\$6 / Salmon \$7** 1 –Maple Balsamic/2 – Teriyaki

Deli Salads - **\$7.50 each** 1 –Curried Tofu– contains nuts! 2 – Mediterranean Chicken

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

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

DELIVERY ON FEBRUARY 15/16

Provencale Stuffed Peppers - Bell pepper halves are filled with saffron flavored couscous with tomatoes, peas, herbs, pine nuts & golden raisins. **\$9 per serving veg/ \$9.50 per serving for ground turkey**

Yucatan Cutlets– Chicken or tofu is marinated & baked in an authentic Mexican citrus & chile sauce & served with pureed sweet potatoes. **\$9 per serving**

Pasta with Roasted Vegetables – A mélange of fresh roasted vegetables, red onions & garlic is tossed with penne & topped with Asiago cheese. **\$9 per serving veg/\$9.50 chicken sausage**

Black Bean Chili – A “not too spicy” chili for everyone to enjoy, black beans are combined with hominy, fresh poblanos & a mélange of vegetables. **\$9 per serving veg/\$9.50 per serving 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 per serving turkey sausage**

Baby Kale Salad - Baby kale with shredded carrots, raisins, glazed pecans & a lemon Dijon vinaigrette & feta on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup – Split Pea Vegetable (vegetarian) **\$6 per pt; \$10 per quart**

Burrito - Red Chile with refried beans & cheese **\$6.50 vegetarian; \$7.50 grilled chicken**

Dessert –Carrot Cake Muffins small - **\$7; large - \$13**

Side Veggies - **\$5 each** 1 –Edamame Succotash/ 2 – Sweet Potato Homefries

a la carte Cutlets Tofu & Chicken **\$6/ Salmon \$7** 1 –BBQ/ 2 –Lemon Dill

Deli Salads - **\$7.50 each** 1 –Roasted Garlic Hummus/ 2 –Old Fashioned Tuna

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

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

Please see other side for weeks of February 22/23 & March 1/2

DELIVERY ON FEBRUARY 22/23

Italian Cauliflower Tarte – Fresh cauliflower, sundried tomatoes & sautéed onions are baked in a golden custard with feta, mozzarella & Romano. **\$9 per serving**

Cutlets Bukhari - Chicken or tofu is marinated with pomegranate & herbs & served over a delicately spiced basmati rice pilaf. **\$9 per serving**

Ziti with Broccoli Rabe–Fresh steamed broccoli rabe & roasted garlic are combined with pasta, golden raisins & shaved Parmesan cheese. **\$9 per serving veg; \$9.50 chicken sausage**

Eggplant Parmesan –Sliced eggplant is lightly breaded, baked & layered with our homemade marinara sauce, mozzarella & shredded Parmesan cheese. **\$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**

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

Soup –Thai Coconut Chicken & Rice Noodle **\$6 per pint; \$10 per quart**

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

Dessert – Oatmeal Raisin Cookies (contain nuts) **1/2 dozen - \$7; 1 dozen - \$13**

Side Veggies - **\$5 each** 1 –Italian Broccoli/ 2 - Greek Roast Potatoes

a la carte Cutlets – Tofu & Chicken **\$6/Salmon \$7** 1 – Korean BBQ/ 2 – Honey Mustard

Deli Salads - **\$7.50 each** 1 –Roasted Beet/2 – Cape Cod Chicken (contains nuts)

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

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

DELIVERY ON March 1/2

Mango Couscous Salad - Couscous with fresh mangoes, baby spinach, scallions & feta cheese with a honey lime vinaigrette. **\$9 per serving vegetarian/ \$9.50 per serving w/grilled chicken**

Za'atar Cutlets – Chicken or tofu is marinated & baked with herbs, lemon and sesame seeds and served over rice pilaf. **\$9 per serving**

Athenian Orzo – Tiny pasta with fresh tomatoes, onions, garlic, herbs & feta cheese **\$9 per serving vegetarian; \$10 per serving with shrimp**

Red Bean, Corn & Hominy Stew –A healthy & delicious chili with pinto beans simmered with vegetables & spices. **\$9 per serving vegetarian/ \$9.50 per serving 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**

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 – Winter Vegetable Stew (vegetarian) **\$6 per pint; \$10 per quart**

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

Dessert – Chocolate Rocky Road Cookies **½ doz - \$7; 1 doz - \$13**

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

a la carte Cutlets - Tofu & Chicken **\$6/ Salmon \$7** 1 –Provencale Herb/ 2 – Ginger Orange

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

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 February 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

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!

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. Single & 2-4 serving sizes are delivered in disposable containers.