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## February 7 – March 1, 2018

Order all 4 weeks and PAY by February 2 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 7/8

- **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**
- **Berry Spinach Salad** – Spinach with dried cranberries, blueberries, golden raisins & almonds with a raspberry citrus vinaigrette & crumbled bleu cheese. **\$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**
- **Side Veggies** - **\$5 each** 1 –Haricot Verts/ 2 – Old Fashioned Mashed Potatoes
- **a la carte Cutlets** - Tofu & Chicken **\$6 / Salmon \$8** 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 14/15

- **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**
- **Thai Rice Noodles with Cauliflower** – A new take on Pad Thai, rice noodles are combined with cauliflower florets, bell peppers & cilantro and the classic Pad Thai sauce. (contains peanuts & fish sauce) **\$9 per serving veg/ \$9.50 chicken**
- **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**
- **Baked Ziti** - Everyone's favorite comfort food with an assortment of Italian cheeses and 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** – Salsa Verde, Rice & Fresh Corn **\$6.50 vegetarian; \$7.50 grilled chicken**
- **Side Veggies** - **\$5 each** 1 –Edamame Succotash/ 2 – Sweet Potato Homefries
- **a la carte Cutlets** Tofu & Chicken **\$6/ Salmon \$8** 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 21/22 & Feb 28/March 1

## DELIVERY ON FEBRUARY 21/22

- **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**
- **Smothered Green Chile Burritos** – Flour tortillas are rolled with refried beans & cheese and smothered in our authentic TexMex green chile sauce. **\$9 per serving vegetarian; \$9.50 with ground turkey**
- **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** –Potato, Bean & Red Chile **\$6.50 vegetarian; \$7.50 chicken**
- **Side Veggies** - **\$5 each** 1 –Italian Broccoli/ 2 - Greek Roast Potatoes
- **a la carte Cutlets** – **Tofu & Chicken \$6/Salmon \$8** 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 FEBRUARY 28/MARCH 1

- **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**
- **Side Veggies** - **\$5 each** 1 –Roasted Curried Cauliflower / 2 – Cranberry Sweet Potatoes
- **a la carte Cutlets** - **Tofu & Chicken \$6/ Salmon \$8** 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 2. 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. Single & 2-4 serving sizes are delivered in disposable containers.