

# ORDER FORM FEBRUARY 2 – MARCH 1, 2018

Order all 4 weeks, **PAY BY FEBRUARY 2** & omit the delivery fees (\$20 savings!)

Cooking From the Heart, PO Box 827, Bryantville, MA 02327  
 Phone: 781-293-8422/ Fax: 866-537-6463 email: [cookingftheart@gmail.com](mailto:cookingftheart@gmail.com)

There is a \$50 minimum order per week (\$55 including the delivery fee)

Customer Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Email Address \_\_\_\_\_ PYREX? \_\_\_\_\_

Special Delivery Instructions \_\_\_\_\_

Please be sure to specify vegetarian or non vegetarian for EACH dish!

February 7/8 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Couscous a la Grecque (add \$.50 e.chicken)				\$9/\$9.50	
BBQ Bleu Cutlets				\$9	
Spaghetti & Meatballs				\$9	
Smothered Salsa Verde Burritos				\$9	
Macaroni & Cheese				\$9	
Berry Spinach Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Chicken Mushroom Barley Soup \$6 per pint/\$10 per quart				\$6/\$10	
Black Bean Burrito \$6.50 veg; \$7.50 turkey				\$6.50/\$7.50	
Haricot Verts				\$5	
Mashed Potatoes				\$5	
Maple Balsamic Cutlets \$6 tofu, chicken/\$8 salmon				\$6/\$8	
Teriyaki Cutlets \$6 tofu, chicken/\$8 salmon				\$6/\$8	
Curried Tofu Salad				\$7.50	
Mediterranean Chicken Salad				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

February 7/8 Total: \_\_\_\_\_

February 14/15 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Provencale Peppers (add \$.50 e turkey)				\$9/\$9.50	
Yucatan Cutlets				\$9	
Thai Rice Noodles (add \$.50 each chicken)				\$9/\$9.50	
Black Bean Chili (add \$.50 e. turkey)				\$9/\$9.50	
Baked Ziti (add \$.50e turkey saus)				\$9/\$9.50	
Baby Kale Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Split Pea Soup \$6 per pint/ \$10 per quart				\$6/\$10	
Salsa Verde Burrito \$6.50 veg; \$7.50 chicken				\$6.50/\$7.50	
Edamame Succotash				\$5	
Sweet Potato Homefries				\$5	
BBQ Cutlets tofu & chicken \$6/salmon \$8				\$6/\$8	
Lemon Dill Cutlets tofu & chicken \$6/salmon \$8				\$6/\$8	
Roasted Garlic Hummus				\$7.50	
Old Fashioned Tuna Salad				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

February 14/15 Total: \_\_\_\_\_

Please see other side for February 21./22 & February 28/March 1

February 21/22 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Italian Cauliflower Tarte				\$9	
Cutlets Bukhari				\$9	
Ziti w/Broccoli Rabe (add \$.50 e. ch saus)				\$9/\$9.50	
Eggplant Parmesan				\$9	
Smothered Green Chile Burritos (add \$.50 e. turkey)				\$9/\$9.50	
Bar Harbor Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Thai Chicken Soup \$6 per pint/\$10 per quart				\$6/\$10	
Potato Bean Burrito \$6.50 veg; \$7.50 chicken				\$6.50/\$7.50	
Italian Broccoli				\$5	
Greek Roasted Potatoes				\$5	
Korean BBQ Cutlets tofu & chicken \$6/ salmon\$8				\$6/\$8	
Honey Mustard Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Roasted Beet Salad				\$7.50	
Cape Cod Chicken Salad				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

February 21/22 Total: \_\_\_\_\_

Feb 28/March 1 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Mango Couscous Salad (add \$.50e chicken)				\$9/\$9.50	
Za'atar Cutlets				\$9	
Athenian Orzo (add \$1 e.shrimp)				\$9/\$10	
Red Bean, Corn & Hominy Stew (add \$.50e turkey)				\$9 /\$9.50	
Shepherd's Pie				\$9	
Greek Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Winter Veggie Soup \$6 per pint/\$10 per quart				\$6/\$10	
Black Bean & Rice Burrito \$6.50 veg; \$7.50 chicken				\$6.50/\$7.50	
Curried Cauliflower				\$5	
Cranberry Sweet Potatoes				\$5	
Provencale Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Ginger Orange Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Real Egg Salad				\$7.50	
Greek Chicken Salad				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

Feb 28/ March 1 Total: \_\_\_\_\_

February Total: \_\_\_\_\_

to pay via Paypal, log into your account, click on "send money" and type in [cookingftheart@gmail.com](mailto:cookingftheart@gmail.com) and the amount