

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422
Fax: 866-537-6463 email: cookingftheart@gmail.com Website: www.cookingfth.com

January 10 – February 1, 2018

(Order all 4 weeks and PAY by January 5 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 JANUARY 10/11

Israeli Couscous Pilaf - A fresh take on Israeli couscous with kale, carrots, crimini mushrooms, aromatics & fresh herbs. **\$9 per serving vegetarian; \$9.50 roast turkey**
Quebec Farmhouse Cutlets - Chicken or tofu is baked with Dijon mustard, cider vinegar, fresh lemons & herbs & served with roasted potatoes & root vegetables. **\$9 per serving**
Spicy Thai Rice Noodles - Rice noodles with an authentic peanut coconut curry sauce are tossed with shredded carrots & scallions with & your choice of teriyaki chicken or tofu. **\$9 per serving**
Three Bean Chili - Black, pinto & white beans are simmered with vegetables & chiles for a delicious and hearty winter stew. **\$9 per serving vegetarian; \$9.50 w/ground turkey**
Deluxe Macaroni & Cheese - Our healthier version of classic comfort food with low fat Alfredo sauce & cheeses is topped with toasted crumbs. **\$9 per serving**
Caesar Salad - Green leaf lettuce with homemade croutons, shaved Parmesan & a delicious creamy dressing. **\$7.50 vegetarian/ \$9.50 with grilled chicken breast**
Soup - Turkey Sausage, Spinach & Tortellini **\$6 per pint; \$10 per quart**
Burrito - Salsa Verde w/refried black beans (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**
Side Veggies - **\$5 each** 1 - Haricot Verts/ 2 - Cranberry Sweet Potatoes
a la carte Cutlets - **Tofu & Chicken \$6; Salmon \$8** 1 - Asian Sesame/2 - Greek Lemon
Deli Salads - **\$7.50 each** 1 - Tehina Beet Salad/ 2 - Cape Cod Chicken (contains walnuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JANUARY 17/18

Ancient Grain Salad - High protein quinoa, kamut & farro with asparagus, shitake mushrooms, fresh herbs & a miso dressing (good hot or cold) **\$9 per serving veg; \$9.50 roast turkey**
Sonoran Cutlets - Chicken or tofu is baked with fajita spices, topped with a fresh salsa of black beans, roasted plum tomatoes, corn & poblano chiles & served over Mexican rice. **\$9 per serving**
Orzo & Roasted Vegetables - Delicious & healthy, orzo is combined with an assortment of fresh roasted vegetables, fresh herbs & Asiago cheese. **\$9 per serving veg; \$10 w/shrimp**
Salisbury Steak - Ground turkey or tofu "steaks" are topped with a fresh mushroom gravy & served with mashed potatoes. **\$9 per serving**
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 w/turkey sausage**
Pomegranate Spinach Salad - Baby spinach with grated carrots, grape tomatoes, & toasted pecans with sharp cheddar & a pomegranate vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken breast**
Soup - Mulligatawny (Indian curried red lentil) **\$6 per pt; \$10 per quart**
Burrito - Pico de Gallo with beans & Cheese (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Side Veggies - **\$5 each** 1 - Italian Broccoli/ 2 - Whipped Butternut Squash
a la carte Cutlets **Chicken or Tofu \$6 each; Salmon \$8** 1 - Apricot Dijon / 2 - Italian Herb
Deli Salads - **\$7.50 each** 1 - Greek Veggie Tabbouli/ 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 January 24/25 & January 31/February 1

DELIVERY ON JANUARY 24/25

Wild Mushroom Quiche – An assortment of fresh sautéed mushrooms & herbs is baked in a golden custard with havarti & cheddar cheeses. **\$9 per serving**

Cranberry Dijon Cutlets - Chicken or tofu is marinated & baked in a cranberry & mustard sauce with fresh thyme & lemon & served over couscous. **\$9 per serving**

Pasta & Calabacitas – A mélange of fresh roasted squashes & corn is combined with bowtie pasta, fresh herbs, & Monterey jack cheese. **\$9 per serving veg; \$9.50 w/chicken sausage**

Albondigas –Ground turkey or tofu meatballs are flavored with garlic, cinnamon, almonds & smoked paprika & served over rice pilaf with a simple tomato sauce. **\$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**

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 breast**

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 –Roasted Brussels / 2 - Maple Whipped Sweet Potatoes

a la carte Cutlets Tofu & Chicken \$6; Salmon \$8 1 – Ginger Scallion/ 2 – Provencale Herb

Deli Salads - **\$7.50 each** 1 –Spanish Chickpeas /2 – Roast Turkey with Grapes & Almonds

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

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

DELIVERY ON JANUARY 31/FEBRUARY 1

Lentil Rice & Fruit Salad – A delicious winter salad with brown rice, French lentils, bell peppers, apples, fresh mandarin oranges, dried fruits & walnuts with a Dijon vinaigrette. **\$9 per serving veg; \$9.50 w/grilled chicken**

Cutlets Tzatziki – Chicken or tofu is marinated & baked with lemon juice, olive oil & herbs & served over rice & orzo pilaf with our Greek yogurt & cucumber sauce. **\$9 per serving**

Penne & Eggplant - Pasta is tossed with a homemade eggplant & tomato sauce with fresh herbs & sprinkled with feta cheese. **\$9 per serving veg; \$9.50 w/chicken sausage**

Wirikuta Stew – A rustic Mexican stew with potatoes, tomatoes, squash, pinto beans, posole, chiles & fresh corn. **\$9 per serving veg; \$9.50 w/roasted turkey**

Shepherd's Ple - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese- laced mashed new potatoes. **\$9 per serving**

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

Soup –Broccoli Chowder (vegetarian/dairy) **\$6 per pint; \$10 per quart**

Burrito –Green Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

Side Veggies - **\$5 each** 1 – Roast Curried Cauliflower / 2 – Roast Potato Medley

a la carte Cutlets Tofu & Chicken \$6; Salmon \$8 1 –Lemon Dill/ 2 – Soy Coconut

Deli Salads - **\$7.50 each** 1 –Edamame Hummus/ 2 – Mediterranean Chicken & Vegetable

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 JANUARY 5**. 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. Otherwise we will use disposable dishes.