

# ORDER FORM JANUARY 10- FEBRUARY 1, 2018

Order all 4 weeks, PAY BY JANUARY 5 & 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!

January 10/11 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Israeli Couscous Pilaf (add \$.50 e.turkey)					\$9/\$9.50	
Quebec Farmhouse Cutlets					\$9	
Spicy Thai Rice Noodles					\$9	
Three Bean Chili (add .50 e. turkey)					\$9/\$9.50	
Macaroni & Cheese					\$9	
Caesar Salad \$7.50 veg; \$9.50 chicken					\$7.50/\$9.50	
Turkey Sausage Tortellini Soup \$6 per pint/\$10 per quart					\$6/\$10	
Salsa Verde Burrito \$6.50 veg; \$7.50 turkey					\$6.50/\$7.50	
Haricot Verts					\$5	
Cranberry Sweet Potatoes					\$5	
Asian Sesame Cutlets \$6 tofu, chicken/\$8 salmon					\$6/\$8	
Greek Lemon Cutlets \$6 tofu, chicken/\$8 salmon					\$6/\$8	
Tehina Beet Salad					\$7.50	
Cape Cod Chicken Salad					\$7.50	
Fresh Fruit Salad					\$7	
Maple Pecan Granola					\$7	
Delivery Charge						\$5

January 10/11 Total: \_\_\_\_\_

January 17/18 Delivery	Vegetarian?		#servings	#orders	Cost each	Your Cost
	Yes	No				
Ancient Grain Salad (add \$.50 e turkey)					\$9/\$9.50	
Sonoran Cutlets					\$9	
Orzo & Roasted Veggies (add \$1 shrimp)					\$9/\$10	
Salisbury Steak					\$9	
Lasagne Florentine (add \$.50e turkey)					\$9/\$9.50	
Pom Spinach Salad \$7.50 veg; \$9.50 chicken					\$7.50/\$9.50	
Mulligatawny Soup \$6 per pint/ \$10 per quart					\$6/\$10	
Pico de Gallo Burrito \$6.50 veg; \$7.50 chicken					\$6.50/\$7.50	
Italian Broccoli					\$5	
Whipped Squash					\$5	
Apricot Dijon Cutlets tofu & chicken \$6/salmon \$8					\$6/\$8	
Italian Herb Cutlets tofu & chicken \$6/salmon \$8					\$6/\$8	
Greek Veggie Tabboull					\$7.50	
Old Fashioned Tuna Salad					\$7.50	
Fresh Fruit Salad					\$7	
Maple Pecan Granola					\$7	
Delivery Charge						\$5

January 17/18 Total: \_\_\_\_\_

Please see other side for January 24/25 & January 31/February 1

January 24/25 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Wild Mushroom Quiche				\$9	
Cranberry Dijon Cutlets				\$9	
Pasta Calabacitas (add \$.50 e. ch saus)				\$9/\$9.50	
Albondigas				\$9	
Red Chile Enchiladas				\$9	
Greek Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Chicken Veggie Soup \$6 per pint/\$10 per quart				\$6/\$10	
Black Bean Burrito \$6.50 veg; \$7.50 chicken				\$6.50/\$7.50	
Roasted Brussels				\$5	
Maple Sweet Potatoes				\$5	
Ginger Scallion Cutlets tofu & chicken \$6/ salmon\$8				\$6/\$8	
Provencale Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Spanish Chickpeas				\$7.50	
Roast Turkey Salad				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

January 25/26 Total:

Jan 31/Feb 1 Delivery	Vegetarian? Yes No	#servings	#orders	Cost each	Your Cost
Lentil Rice Salad (add \$.50e chicken)				\$9/\$9.50	
Tzatziki Cutlets				\$9	
Penne & Eggplant (add \$.50 e. ch. saus)				\$9/\$9.50	
Wirikuta Stew (add \$.50e turkey)				\$9 /\$9.50	
Shepherd's Pie				\$9	
Bar Harbor Salad \$7.50 veg; \$9.50 chicken				\$7.50/\$9.50	
Broccoli Chowder \$6 per pint/\$10 per quart				\$6/\$10	
Green Chile Burrito \$6.50 veg; \$7.50 chicken				\$6.50/\$7.50	
Curried Cauliflower				\$5	
Roast Potato Medley				\$5	
Lemon Dill Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Soy Coconut Cutlets tofu & chicken \$6/ salmon \$8				\$6/\$8	
Edamame Hummus				\$7.50	
Mediterranean Chicken				\$7.50	
Fresh Fruit Salad				\$7	
Maple Pecan Granola				\$7	
Delivery Charge					\$5

Jan 31/Feb 1 Total:

January 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