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JUNE 26 – AUGUST 1, 2019

WE WILL BE ON VACATION JULY 17/18 & 24/25. DELIVERIES WILL RESUME JULY 31/AUGUST 1
Order all 4 weeks & PAY by JUNE 21 & delivery is FREE (\$20 savings) Minimum order of \$50 per week applies. If you order weekly, orders must be submitted by 5PM Friday for the upcoming week

DELIVERY ON JUNE 26/27

Fruit & Nut Tabouli - Cracked wheat with an assortment of seasonable fresh fruit, cucumbers, red bell peppers, parsley, mint & toasted walnuts with a refreshing citrus dressing. Can add roast turkey. **\$9 per serving veg; \$9.50 turkey**
Red Chile Cutlets - Chicken or tofu is marinated & baked with fajita spices, served over roasted potatoes & topped with our Chimayo red chile sauce & queso fresco. **\$9 per serving**
Asian Noodles - Handmade egg noodles are topped with stir fried vegetables & shitake mushrooms & your choice of chicken or tofu. **\$9 per serving**
Three Bean Chili - Black, pinto & garbanzo beans are simmered with tomatoes, onions, garlic & fresh veggies with a hint of chipotle peppers. Can add ground turkey. **\$9 per serving veg; \$9.50 turkey**
Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with pasta shells, low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
Baby Arugula Salad - Greens w/ carrots, tomatoes, red bell peppers, dried cranberries & toasted almonds with a homemade tahini dressing on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**
Soup - Coconut Curry Sweet Potato **\$6 per pint; \$10 per quart**
Burrito - Roasted Vegetable & Black Bean **\$6.50 vegetarian; \$7.50 with grilled chicken**
Side Veggies - **\$5 each** 1 - Fresh Snap Peas & Summer Squash/ 2 - Sweet Potato Homefries
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Greek Lemon/ 2 - Soy Coconut
Deli Salads - **\$7.50 each** 1 - Israeli Eggplant & Yogurt 2 - Mediterranean Chicken
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JULY 3 (ALL DELIVERIES WILL BE ON WEDNESDAY)

Black Bean Corn & Wheat Berry Salad - A healthy & delicious combination of farm stand corn, black beans, wheat berries, fresh tomatoes, herbs & a Southwest vinaigrette. Can add grilled chicken. **\$9 per serving veg; \$9.50 grilled chicken**
Savory Moroccan Cutlets - Chicken or tofu is baked in a saffron tomato sauce with kalamata olives & raisins & served over couscous. **\$9 per serving**
Pasta with Grilled Summer Vegetables - A mélange of fresh veggies grilled with a touch of olive oil & balsamic is combined with bowtie pasta & topped with freshly shaved Parmesan. Can add chicken sausage. **\$9 per serving veg; \$9.50 sausage**
Keftedes - Ground turkey or tofu meatballs are seasoned with mint & Romano cheese & served over orzo pilaf with our fabulous tzatziki (yoghurt & cucumber) sauce on the side **\$9 per serving**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. Can add turkey sausage. **\$9 per serving veg; \$9.50 turkey sausage**
Farmhouse Spinach Salad - Baby spinach with shredded carrots, grape tomatoes, red bell peppers, toasted almonds, & sharp cheddar cheese & honey Dijon dressing on the side **\$7.50 vegetarian/ \$9.50 with grilled chicken**
Soup - Spanish Chick Pea (vegetarian with orange & fresh mint) **\$6 per pint; \$10 per quart**
Burrito - Red Chile with Pinto Beans & Potatoes **\$6.50 vegetarian; \$7.50 turkey**
Side Veggies - **\$5 each** 1 - Roast Curried Cauliflower/ 2 - Mashed Yukons
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Provencale Herb / 2 - Honey Mustard
Deli Salads - **\$7.50 each** 1 - Roasted Beet/ 2 - Greek Chicken (contains feta cheese)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JULY 10/11

Broccoli & Roasted Pepper Quiche - Fresh broccoli florets & roasted red bell peppers are baked in a golden custard with havarti & cheddar cheese. **\$9 per serving**

Soy Coconut Cutlets with Mango Salsa - Chicken or tofu is marinated & baked in soy & coconut sauce & served over brown jasmine rice with a refreshing mango salsa. **\$9 per serving**

Rice Noodle Salad - Vermicelli rice noodles with crisp vegetables & a spicy peanut dressing. Can add grilled chicken. **\$9 per serving vegetarian; \$9.50 chicken (contains peanut, soy & sesame)**

Ratatouille Stuffed Potatoes - A baked Idaho potato is topped with a healthy mélange of seasonal fresh vegetables & Gruyere cheese. Can add roast turkey **\$9 per serving veg; \$9.50 turkey**

Tia Carmen's Red Chile Enchiladas - Flour tortillas are rolled with cheddarjack cheese, peas, onions & olives & drenched in our authentic red chile sauce. Can add ground turkey. **\$9 per serving vegetarian; \$9.50 ground turkey**

Greek Salad - Romaine with peppers, grape tomatoes, red onions & kalamata olives with feta & our Greek lemon dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup - Summer Squash & Red Pepper (good cold!) **\$6 per pint; \$10 per quart**

Burrito - Black Bean & Green Chile **\$6.50 vegetarian; \$7.50 ground turkey**

Side Veggies - **\$5 each** 1 - Sautéed Broccoli / 2 - Cranberry Sweet Potato Salad

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Lemon Dill / 2 - Ginger Scallion

Deli Salads - **\$7.50 each** 1 - Italian Tuna 2 - Mandarin Chicken

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

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

NO DELIVERIES JULY 17/18 & 24/25

DELIVERY ON JULY 31/AUGUST 1

Andean Quinoa Salad - High protein quinoa with Yukon gold & sweet potatoes, roasted corn & peppers, scallions with fresh herbs & a lime vinaigrette dressing. Can add grilled chicken. **\$9 per serving veg; \$9.50 chicken**

Tandoori Cutlets - Chicken or tofu is marinated & baked in a classic Indian yogurt sauce & served over brown basmati rice with a garnish of fresh vegetables. **\$9 per serving**

Sicilian Pasta & Broccoli Rabe - Penne pasta with sautéed broccoli rabe, garlic, red pepper flakes, raisins & pine nuts is topped with Asiago cheese. Can add chicken sausage. **\$9 per serving veg; \$9.50 chicken sausage**

Provencale Peppers - Couscous with fresh herbs, tomatoes, currants, pine nuts & peas fill bell pepper halves. Can add ground turkey. **\$9 per serving veg; \$9.50 turkey**

Smothered Salsa Verde Burritos - Homemade refried black beans & queso fresco (mild crumbled cheese) rolled in corn tortillas & smothered with our incredible poblano & tomatillo salsa. **\$9 per serving veg; \$9.50 ground turkey**

Nantucket Salad - Fresh greens with grated carrots, grape tomatoes, sugar snap peas, raisins & sunflower seeds with a Dijon balsamic dressing & sharp cheddar on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken**

Soup - Thai Vegetable & Rice Noodle **\$6 per pint; \$10 per quart**

Burrito - Black Bean & Sweet Potato **\$6.50 vegetarian; \$7.50 with grilled chicken**

Side Veggies - **\$5 each** 1 - Calabacitas (sautéed summer squash & corn) / 2 - Veggie German Potato Salad

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Maple Dijon / 2 - Teriyaki

Deli Salads - **\$7.50 each** 1 - Roasted Garlic Hummus / 2 - Roasted Turkey with Grapes & Almonds

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

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

Please note there is a \$5 delivery fee for all each week orders unless you order all 4 weeks and I receive your payment by JUNE 21

Minimum amount for delivery is \$50 (\$55 including delivery fee)

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!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more entrees in a single dish IF YOU CHOOSE TO USE THE PYREX. Single servings and multiple entrée orders are delivered in disposable containers. It is not necessary to use the pyrex if you are trying out our service or prefer the disposable containers.