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June 7 - 29, 2017

Order all 4 weeks & PAY by June 2 & 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.

Advance Notice: We will NOT be delivering in July!

DELIVERY ON JUNE 7/8

Salade Nicoise - A classic French salad with roasted potatoes, green beans, broccoli, peppers, fresh herbs Dijon vinaigrette & your choice of albacore tuna or baked tofu. **\$9 per serving tofu; \$9.50 tuna**
Lemon Tarragon Cutlets - Chicken or tofu is marinated & baked with lemon, olive oil & fresh herbs & served over brown basmati rice. **\$9 per serving**
Spicy Peanut Sesame Noodles -Homemade egg noodles with a delicious SPICY sauce are tossed with shredded carrots & scallions & your choice of chicken or tofu. Good hot or cold! **\$9 per serving**
Eggplant Parmesan - The Italian classic made more delicious with our homemade marinara, fresh basil, mozzarella, asiago & Parmesan. **\$9 per serving**
Deluxe Macaroni & Cheese - Our healthier version of classic comfort food with pasta shells, low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$8.75 per serving**
Berry Spinach Salad - Baby spinach with cucumbers, fresh berries, almonds & a homemade citrus raspberry vinaigrette & blue cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**
Soup - Spanish Chickpea **\$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 -Sauteed Summer Squash / 2 - Rosemary Roast Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 -Apricot Dijon/ 2 -Korean BBQ
Deli Salads - **\$7.50 each** 1 -Israeli Lentil Salad 2 - Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JUNE 14/15

Maple Wheat Berry Salad - Back by popular demand, nutty wheat berries are combined with a rainbow of bell peppers, fresh corn, crisp apples, sharp cheddar & a maple Dijon dressing. **\$9 per serving veg; \$9.50 roast turkey**
Yucatan Cutlets - Chicken or tofu is marinated and baked in a citrus chile sauce and served alongside pureed sweet potatoes. **\$9 per serving**
Fresh Pesto Pasta -Ditalini pasta is tossed with fresh basil pesto (nut free), farmstand tomatoes, & mozzarella balls (good hot or cold). **\$9 per serving vegetarian, \$9.50 w/grilled chicken**
Enfrijoladas - A rustic Mexican dish of corn tortillas layered with queso fresco, green onions & a black bean sauce. **\$9 per serving veg; \$9.50 chicken**
Lasagne Florentine - Noodles are rolled w/ Sopprafina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**
Caesar Salad - Fresh red leaf lettuce with shaved Parmesan & homemade croutons & creamy Caesar dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup - Mulligatawny (curried Indian red lentil) **\$6 per pint; \$10 per quart**
Burrito - Potato, Poblano & Bean (dairy) **\$6.50 vegetarian; \$7.50 ground turkey**
Side Veggies - **\$5 each** 1 -Sauteed Greens/ 2 - Cranberry Sweet Potatoes
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 (dairy)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

Please see other side for weeks of June 21/22 & 28/29

DELIVERY ON JUNE 21/22

Broccoli Quiche - Fresh broccoli florets are baked in a golden custard with havarti & cheddar cheese. **\$9 per serving**
Hoisin Cutlets - Chicken or tofu is marinated & baked in an authentic Chinese sauce & served over brown jasmine rice with a garnish of peanuts & scallions. **\$9 per serving**
French Pasta Salad - Delicious hot or cold, penne, roasted beets & green beans are tossed with a robust Dijon dressing, fresh herbs, toasted walnuts & feta cheese. **\$9 per serving veg; \$9.50 grilled chicken**
Albondigas - Ground turkey or tofu balls are flavored with garlic, cinnamon, almonds & smoked paprika & served over rice pilaf with a simple herb 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**
Baby Kale Salad - Baby kale with shredded carrots, dried cranberries, glazed pecans & a fresh lemon dressing & crumbled feta on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup - Caribbean Sweet Potato & Coconut **\$6 per pint; \$10 per quart**
Burrito - Salsa Verde, Rice & Fresh Corn **\$6.50 vegetarian; \$7.50 with chicken**
Side Veggies - **\$5 each** 1 - Italian Broccoli/ 2 - Mom's Macaroni Salad
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Lemon Dill/ 2 - Pomegranate Molasses
Deli Salads - **\$7.50 each** 1 - Caponata (Italian eggplant) / 2 - Old Fashioned Tuna
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JUNE 28/29

Greek Tabouli Salad - Another CFTH original, cracked wheat is tossed with fresh parsley, lemon, artichokes, Persian cucumbers, tomatoes, Kalamata olives, feta, onions & a refreshing lemon dressing. **\$9 per serving veg; \$9.50 grilled chicken**
Thai Cutlets - Chicken or tofu is marinated & baked in a lime coconut sauce, served over jasmine rice & topped with sautéed baby spinach & toasted coconut. **\$9 per serving**
Pasta with Spinach & Chickpeas - Bowties with fresh spinach, chickpeas, fresh lemon & thyme & sharp cheddar. **\$9 per serving veg; \$9.50 chicken sausage**
Quinoa Stuffed Peppers - Quinoa, the ancient supergrain of the Andes, is combined with roasted corn, onions, spinach & queso fresco & stuffed into bell peppers. **\$9 per serving veg; \$9.50 turkey**
Smothered Green Chile Burritos - Refried beans & cheese are rolled in flour tortillas & smothered with our authentic Tex-Mex green chile. **\$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 - Summer Squash & Roasted Red Pepper **\$6 per pint; \$10 per quart**
Burrito - Red Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 chicken**
Side Veggies - **\$5 each** 1 - Snaps & Carrots/ 2 - Fines Herbes Roasted Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Maple Dijon / 2 - Teriyaki
Deli Salads - **\$7.50 each** 1 - Mediterranean Chicken / 2 - Mandarin Tofu & Broccoli
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart**

Please note there is a \$5 delivery fee for all orders unless you order all 4 weeks and I receive your payment by June 2.

There will be NO deliveries in July!

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.