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MAY 29 – JUNE 20, 2019

Order all 4 weeks & PAY by May 24 & 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 MAY 29/30

Caponata Couscous - Delicious hot or cold, grilled eggplant salad with green olives, raisins & fresh herbs is combined with Israeli couscous. **\$9 per serving veg; \$9.50 grilled chicken**
Cutlets Bukhari - Chicken or tofu is marinated & baked with an exotic lemon pomegranate sauce & served over a spiced basmati rice pilaf. **\$9 per serving**
Pasta Calabacitas - Bow tie pasta with a delicious mélange of assorted squash, fresh corn, green chile, sautéed onions & garlic & fresh herbs & queso fresco. **\$9 per serving veg; \$9.50 w/chicken sausage**
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**
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**
Caesar Salad - Green leaf lettuce with shaved Parmesan & homemade croutons & our delicious creamy Caesar dressing on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**
Soup - Thai Vegetable Curry **\$6 per pint; \$10 per quart**
Burrito - Red Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with chicken**
Side Veggies - **\$5 each** 1 - Sauteed Beets/ 2 - Blue Ribbon Potato Salad
a la carte Cutlets (Tofu or Chicken \$6 ; Salmon \$8) 1 - Ginger Orange/ 2 - Korean BBQ
Deli Salads - **\$7.50 each** 1 - Cape Cod Tofu (contains nuts) 2 - Mediterranean Chicken
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JUNE 5/6

Teriyaki Rice Salad - Brown basmati rice is combined with teriyaki sauce, fresh broccoli, snow peas, water chestnuts, scallions, ginger & red bell peppers & your choice of chicken or tofu. **\$9 per serving** (contains sesame)
Cutlets Tzatziki - Chicken or tofu is marinated & baked in a lemon & herb sauce and served over couscous with our classic Greek yogurt & cucumber sauce on the side. **\$9 per serving**
Athenian Orzo - A delicious Greek pasta dish with orzo, a homemade tomato herb sauce & feta cheese. **\$9 per serving veg; \$10 per serving with grilled shrimp**
Stuffed Sweet Potatoes - A customer favorite, red garnet yams are stuffed with black beans, roasted fresh corn & poblanos & topped with our fabulous BBQ Bleu cheese sauce. Can add roasted turkey. **\$9 per serving veg; \$9.50 w/roast turkey**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**
Greek Salad - Green leaf lettuce with peppers, tomatoes, red onion, Kalamata olives & feta cheese & our homemade Greek dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup - Vermont Vegetable Chowder (dairy) **\$6 per pint; \$10 per quart**
Burrito - Rice, Black Bean & Chipotle (no dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Side Veggies - **\$5 each** 1 - Green Beans Almondine/ 2 - Confit Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 - Garlic Chipotle / 2 - Lemon Dijon
Deli Salads - **\$7.50 each** 1 - Spanish Chick Peas / 2 - Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JUNE 12/13

Italian Cauliflower Tarte – Cauliflower florets, sundried tomatoes, sautéed onions & garlic & fresh herbs are baked in a golden custard with Italian cheeses. **\$9 per serving**
Lemon Tarragon Cutlets - Chicken or tofu is marinated & baked in a fresh tarragon sauce & served over roasted potatoes. **\$9 per serving**
Fresh Arugula Pesto Pasta – Our homemade arugula pesto is combined with bowtie pasta, roasted cherry tomatoes, fresh mozzarella & roasted summer squash. (contains sunflower seeds) **\$9 per serving veg; \$9.50 grilled chicken**
Polenta Pizziola – Creamy polenta with herbs & Parmesan is topped with an assortment of fresh vegetables, farm stand tomatoes, herbs & Italian cheeses. **\$9 per serving veg; \$9.50 chix sausage**
Smothered Green Chile Burritos – Flour tortillas are rolled with refried beans & cheese & smothered in our authentic Tex Mex green chile sauce. **\$9 per serving veg; \$9.50 w/ground turkey**
Berry Spinach Salad – Baby spinach with assorted dried berries, pecans, Gorgonzola & citrus raspberry dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup – White Bean Spinach Potage **\$6 per pint; \$10 per quart**
Burrito –Pico de Gallo, Bean & Cheese **\$6.50 vegetarian; \$7.50 with ground turkey**
Side Veggies - **\$5 each** 1 –Edamame Succotash/ 2 - Mom's Macaroni Salad
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 –Italian Herb/ 2 – Teriyaki
Deli Salads - **\$7.50 each** 1 – Greek Tabouli 2 –Old Fashioned Tuna
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON JUNE 19/20

Greek Pasta Salad - A taste of summer! Fresh bell peppers, heirloom tomatoes, red onions, cucumbers, Kalamata olives and feta cheese with herbs & our signature Greek dressing are tossed with ditalini pasta. **\$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 steamed baby spinach, sautéed garlic & toasted coconut. **\$9 per serving**
Sesame Lo Mein – Homemade egg noodles are tossed with a soy and sesame dressing & topped with an array of fresh steamed & stir fried veggies and your choice of chicken or tofu. **\$9 per serving**
Quinoa Stuffed Peppers - Bell Peppers hold a healthy & delicious filling with red quinoa, roasted corn, spinach, herbs & queso fresco. **\$9 per serving vegetarian; \$9.50 turkey**
Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$9 per serving** (last time until the fall!)
Bar Harbor Salad –Spring mix with shredded carrots, grape tomatoes, raisins & walnuts with Gorgonzola & maple balsamic vinaigrette on the side **\$7.50 vegetarian; \$9.50 with grilled chicken**
Soup –Gazpacho (cold fresh tomato & vegetable) **\$6 per pint; \$10 per quart**
Burrito – Black Bean & Sweet Potato (contains cheese) **\$6.50 vegetarian; \$7.50 ground turkey**
Side Veggies - **\$5 each** 1 –Italian Broccoli/ 2 – Roast Fingerling Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 –Honey Mustard/ 2 – Provencale
Deli Salads - **\$7.50 each** 1 –Caribbean Sweet Potato Salad (contains peanuts)/ 2 – Italian Tuna
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 May 24

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.