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March 7-29, 2018 Spring is coming!

Order all 4 weeks & **PAY by March 2** & delivery is FREE (\$20 savings – 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 MARCH 7/8

- **Caponata Couscous Salad** - Israeli couscous is combined with a vegetable mélange with eggplant, tomatoes, red peppers, onions, raisins, olives & herbs. **\$9 per serving veg; \$9.50 grilled chicken**
- **Cutlets Parmesan** – Chicken or tofu cutlets are sprinkled with crumbs & herbs, baked, smothered in our marinara sauce, topped with Italian cheeses and served over rice pilaf. **\$9 per serving**
- **Pasta with Black Olive Pesto** – One of our all time favorites, fusilli is tossed with a black olive & herb pesto with freshly grated Parmesan & Romano cheeses. (even olive haters love it!) **\$9 per serving**
- **Honey Mustard Meatloaf** - Turkey or tofu meatloaf is smothered in honey mustard sauce & served alongside sour cream mashed potatoes. **\$9 per serving**
- **Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food with lower fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
- **Nantucket Salad** – Spring mix with grated carrots, snap peas, grape tomatoes, raisins & sunflower seeds with sharp cheddar & Dijon balsamic vinaigrette. **\$7.50 vegetarian/\$9.50 with grilled chicken**
- **Soup** – Chicken Noodle Vegetable **\$6 per pint; \$10 per quart**
- **Burrito** –Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
- **Side Veggies** - **\$5 each** 1 –Sauteed Kale/ 2 – Herb Roasted Red Bliss Potatoes
- **a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 – Greek Lemon/ 2 – Teriyaki
- **Deli Salads** - **\$7.50 each** 1 –Mandarin Tofu Broccoli / 2 –Curried Chicken (nuts)
- **Fresh Fruit Salad** - **\$7 per pint**
- **Maple Pecan Cranberry Granola** - **\$7 per quart container**

DELIVERY ON MARCH 14/15

- **Stuffed Sweet Potatoes** - We had so many requests for this dish again! A red garnet yam is stuffed with black beans, roasted fresh corn & poblanos & topped with our fabulous BBQ Bleu cheese sauce. **\$9 per serving veg; \$9.50 w/roast turkey**
- **Cutlets Satay** - Chicken or tofu is marinated & baked with a spicy Thai peanut coconut curry sauce & served over fragrant jasmine rice. **\$9 per serving**
- **Portabella Pasta** - Bow tie pasta is tossed with portabella mushrooms, roasted butternut squash, sautéed shallots, fresh herbs & Asiago. **\$9 per serving veg; \$9.50 grilled chicken sausage**
- **White Bean Kale Stew** - Healthy & delicious, great northern beans are simmered with aromatics, butternut squash, kale & fresh herbs. **\$9 per serving veg; \$9.50 ground 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**
- **Farmhouse Spinach Salad** – Baby spinach with sliced cucumbers, red bell peppers & grape tomatoes with sharp cheddar & honey mustard dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken**
- **Soup** – Vegetarian Lentil Vegetable **\$6 per pt; \$10 per quart**
- **Burrito** – Pico de Gallo w/Beans & Cheese **\$6.50 vegetarian; \$7.50 grilled chicken**
- **Side Veggies** - **\$5 each** 1 –Green Beans Almondine / 2 – Roast Garlic Mashed Potatoes
- **a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 –Korean BBQ/ 2 – Dijon Apricot
- **Deli Salads** - **\$7.50 each** 1- Greek Tabouli (w/artichokes & feta) / 2 –Cape Cod Chicken (contains nuts)
- **Fresh Fruit Salad** - **\$7 per pint**
- **Maple Pecan Cranberry Granola** - **\$7 per quart container**

DELIVERY ON MARCH 21/22

- **Asparagus Quiche** - Fresh asparagus is baked in a golden custard with shallots, dill, cheddar & havarti cheese. **\$9 per serving**
- **Holsin Cutlets** - Chicken or tofu is marinated in a classic Chinese plum sauce & served over basmati rice with a garnish of scallions & peanuts. **\$9 per serving**
- **Pasta with Yams & Edamame** – A simple & delicious combination of 2 powerfoods! Yams and edamame with roasted garlic, fresh herbs & a sprinkling of Asiago cheese. **\$9 per serving veg; \$9.50 chicken sausage**
- **Tofu or Crab Vegetable Casserole** – Baked tofu or succulent crab with fresh broccoli, squash, tomatoes, herbs, sharp cheddar & bread crumbs. **\$9 per serving veg. \$10 per serving for crab**
- **Smothered Green Chile Burritos** - Flour tortillas are rolled with refried beans & cheese & smothered in our authentic TexMex green chile sauce. **\$9 per serving vegetarian; \$9.50 with ground turkey**
- **Bar Harbor Salad** - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**
- **Soup** – Chicken Posole **\$6 per pint; \$10 per quart**
- **Burrito** –Salsa Verde w/Beans & Rice **\$6.50 vegetarian; \$7.50 turkey**
- **Side Veggies** - **\$5 each 1** –Snaps & Carrots/ **2** – Roast Potatoes Adobado
- **a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** - Italian Herb / **2** – Maple Dijon
- **Deli Salads** - **\$7.50 each 1** – Old Fashioned Tuna **2** – Baba Ganoush (vegetarian eggplant salad)
- **Fresh Fruit Salad** - **\$7 per pint**
- **Maple Pecan Cranberry Granola** - **\$7 per quart container**

DELIVERY ON MARCH 28/29

- **Greek Pasta Salad** - Definitely our favorite pasta salad! Ditalini is combined with tomatoes, cubanelle peppers, cucumbers, red onion, Kalamata olives, crumbled feta, fresh herbs & our lemon Greek dressing. **\$9 per serving veg; \$9.50 grilled chicken.**
- **Salsa Verde Cutlets** –Chicken or tofu is marinated & baked with fajita seasoning & smothered in our fresh salsa verde (poblano, tomatillo & cilantro sauce) over brown rice pilaf with queso fresco. **\$9 per serving**
- **Pasta Melanzana** –Rigatoni is combined with a pureed roasted eggplant & red bell pepper sauce with fresh herbs & topped with Parmesan. **\$9 per serving**
- **Thai Chick Pea Curry** - A hearty & spicy vegetarian melange with eggplant, tomatoes, chick peas & green peas in a spicy coconut curry sauce. **\$9 per serving**
- **Shepherd's Pie** - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with mashed new potatoes. **\$9 per serving**
- **Caesar Salad** – Romaine lettuce with homemade croutons, shaved Parmesan cheese & creamy Caesar dressing. **\$7.50 vegetarian/\$9.50 with grilled chicken**
- **Soup** – Andean Sweet Potato & Quinoa (vegetarian) **\$6 per pint; \$10 per quart**
- **Burrito** – Red Chile w/beans & cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**
- **Side Veggies** - **\$5 each 1** –Roasted Carrots, Beets, & Parsnips/ **2** – Homemade Refritos (refried beans)
- **a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** –Lemon Dijon / **2** – Soy Coconut
- **Deli Salads** - **\$7.50 each 1** –Real Egg Salad/ **2** – Mandarin Chicken & 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 March 2.

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 entrée servings of 2 or more in a single dish if you choose the pyrex. Single servings are always delivered in disposable containers, and larger servings are also delivered in the disposable containers.