

P.O. Box 827, Bryantville, MA 02327 (781) 293-8422  
Fax: 866-537-6463 email: [cookingftheart@gmail.com](mailto:cookingftheart@gmail.com) Website: [www.cookingfth.com](http://www.cookingfth.com)

## MAY 10 – JUNE 1, 2017

Save on delivery fees by ordering all 4 weeks & **PAYING BY** May 5. 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 10/11

**Balinese Rice Salad** - Brown rice with fresh tropical fruits, raisins, cashews, water chestnuts & peppers is tossed with a tamarind dressing. **\$9 per serving veg; \$9.50 with chicken**  
**Red Chile Cutlets** - Chicken or tofu is baked with lemon & garlic, topped with our Chimayo red chile sauce & queso fresco & served over roasted potatoes. **\$9 per serving**  
**Chinese Meatballs** - Homemade noodles are tossed with a soy sesame dressing & topped with vegetables, mushrooms, & ground turkey or tofu balls **\$9 per serving**  
**Roasted Veggie Stuffed Potato** - A mélange of fresh roasted vegetables is stuffed in organic Idaho potatoes & topped with Gruyere cheese. **\$9 per serving veg; \$9.50 roast turkey**  
**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**  
**Baby Arugula Salad** - Arugula with shredded carrots, assorted berries, toasted almonds & fresh raspberry citrus dressing & blue cheese on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**  
**Soup** - Tom Yum Chicken & Vegetable **\$6 per pint; \$10 per quart**  
**Burrito** - Black Bean & Sweet Potato (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**  
**Dessert** - Cinnamon Coffee Cake Muffins **1/2 doz: \$7/ 1 doz: \$13**  
**Side Veggies** **\$5 each** 1 - Beets & Baby Carrots/ 2 - Old Fashioned Mashed Potatoes  
**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 - Korean BBQ/ 2 - Lemon Dill  
**Deli Salads** **\$7.50 each** 1 - Grilled Artichoke 2 - Cape Cod Chicken Salad (contains nuts)  
**Fresh Fruit Salad** **\$7 each pint**  
**Maple Pecan Cranberry Granola** - **\$7 per quart**

### DELIVERY ON MAY 17/18

**Black Bean, Corn & Wheat Berry Salad** - A delicious combination of black beans, fresh corn & nutty wheat berries with a southwest vinaigrette. **\$9 per serving veg; \$9.50 grilled chicken**  
**Mandarin Cutlets** - Chicken or tofu is baked in a delicious fresh orange & ginger sauce with fresh mandarin oranges & scallions & served over couscous. Very light and refreshing! **\$9 per serving**  
**Pasta with Roasted Asparagus** - Penne with fresh roasted asparagus, plum tomatoes & garlic with fresh herbs & asiago & provolone cheeses. **\$9 per serving veg; \$9.50 chicken sausage**  
**Persian Eggplant, Apricot & Date Pulao** - A classic rice dish with grilled eggplant, dried fruit & exotic spices. **\$9 per serving**  
**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**  
**Farmhouse Spinach Salad** - Fresh baby spinach with grated carrots, bell peppers, grape tomatoes & cheddar cheese & honey Dijon dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**  
**Soup** - Lentil & Broccoli Rabe (vegetarian) **\$6 per pint; \$10 per quart**  
**Burrito** - Green Chile (dairy) **\$6.50 vegetarian; \$7.50 with ground turkey**  
**Dessert** - Fresh Lemon Bars **1/2 dozen - \$7; 1 dozen - \$13**  
**Side Veggies** - **\$5 each** 1 - Green Beans Almondine/ 2 - Roasted Potato Medley  
**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 - Italian Herb / 2 - Texas BBQ  
**Fresh Fruit Salad** - **\$7 per pint**  
**Deli Salads** - **\$7.50 each** 1 - Real Egg & Green Onion Salad/ 2 - Greek Chicken (contains cheese)  
**Maple Pecan Cranberry Granola** - **\$7 per quart**

Please see other side for weeks of May 24/25 & May 31/June 1

## DELIVERY ON MAY 24/25

**Couscous a la Grecque** - Fresh tomatoes, cucumbers, peppers, artichoke hearts, feta cheese & Kalamata olives are combined with Israeli couscous, fresh herbs & our Greek lemon dressing. **\$9 veg; \$9.50 grilled chicken**

**Cutlets Teriyaki** - Chicken or tofu is baked with a homemade teriyaki sauce & served over fragrant jasmine rice with a fresh vegetable garnish. **\$9 per serving**

**Baked Ziti** - Everyone's favorite comfort food pasta, with our marinara sauce, an assortment of Italian Cheese & fresh herbs. **\$9 per serving veg; \$9.50 chicken sausage**

**Vidalia Onion Tarte** Sweet onions are slowly caramelized & baked in a golden custard with cheddar & havarti cheese. Our favorite quiche! **\$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**

**Bar Harbor Salad** - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

**Soup** - Chicken Noodle Vegetable **\$6 per pint; \$10 per quart**

**Burrito** - Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 with chicken**

**Dessert** - Double Chocolate Chip Cookies (contain nuts) **½ doz - \$7; 1 doz - \$13**

**Side Veggies** - **\$5 each** **1** - Italian Broccoli / **2** - Greek Roasted Potatoes

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** **1** - Ginger Orange/ **2** - Honey Mustard

**Deli Salads** **\$7.50 each** **1** - Roasted Garlic Hummus **2** - Dijon Chicken & Roast Pepper

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

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

## DELIVERY ON MAY 31/JUNE 1

**Ancient Grain Salad with Asparagus & Shitakes** - A delicious and healthy combination of quinoa, farro & kamut is tossed with fresh asparagus, shitake mushrooms, herbs & a miso dressing. **\$9 per serving veg; \$9.50 grilled chicken**

**Cutlets with Fresh Fruit Salsa** - Chicken or tofu cutlets are baked with a soy coconut marinade & served over couscous with a fresh fruit salsa on the side. **\$9 per serving**

**Pasta with Black Olive Pesto** - Our favorite pasta dish with black olives, sundried tomatoes, Romano cheese & oregano (even olive haters love it!) **\$9 per serving**

**Picadillo Burritos** - Flour tortillas with a delicious filling of ground turkey or tofu, roasted sweet potatoes, exotic spices, raisins & almonds & topped with a creamy fresh salsa. **\$9 per serving**

**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 September!)**

**Greek Salad** - Romaine with bell peppers, onions, tomatoes, red onions, Kalamata olives, feta & homemade dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

**Soup:** Three Sisters Stew (with beans, corn & squash) **\$6 per pint; \$10 per quart**

**Burrito:** Salsa Verde & Refried Black Bean (dairy) **\$6.50 vegetarian; \$7.50 w/ground turkey**

**Dessert:** Wild Blueberry Muffins **½ dozen - \$7; 1 dozen - \$13**

**Side Veggies** - **\$5 each** **1** - Edamame Succotash/ **2** - Roasted Fingerling Potatoes

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

**Deli Salads** - **\$7.50 each** **1** - Lebanese Lentil, Red Pepper & Feta/ **2** - Mandarin Chicken & Broccoli (contains sesame)

**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 prepay by May 5 for the month.**

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

Special requests are available on the entrees only for \$5 per request.

**Gift Certificates are available! Call (781-293-8422) or email [cookingftheart@gmail.com](mailto:cookingftheart@gmail.com) for more information!**

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more if you choose the pyrex. Otherwise you will receive disposable containers.