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MAY 9 –31, 2018

Save on delivery fees by ordering all 4 weeks & **PAYING BY May 4**. 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 9/10

Ballnese 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**

Spicy Peanut Sesame Noodles - Pad Thai rice 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**

Ratatouille Stuffed Potato - A mélange of peppers, tomatoes, eggplant, summer squash & herbs is stuffed in organic Idaho potatoes & topped with feta cheese. **\$9 per serving veg; \$9.50 ground 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 dried 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**

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 - Kale & Walnut Tabouli 2 - Cape Cod Chicken Salad (contains nuts)

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

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

DELIVERY ON MAY 16/17

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 Spinach & Chickpeas - Bowties with fresh spinach, chickpeas, fresh lemon & thyme & sharp cheddar. **\$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**

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 - 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 - Tortellini & Broccoli Rabe (vegetarian) **\$6 per pint; \$10 per quart**

Burrito - Pico de Gallo with beans & cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

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

Deli Salads - **\$7.50 each** 1 - Real Egg & Green Onion Salad/ 2 - Greek Chicken (contains cheese)

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

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

DELIVERY ON MAY 23/24

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**

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**

Wild Mushroom Quiche – An assortment of wild and cultivated mushrooms are baked in a golden custard with herbs, cheddar & baby Swiss cheese. **\$9 per serving**

Smothered Green Chile Burritos – Flour tortillas are rolled with refried beans & cheese & smothered in our authentic TexMex green chile sauce. **\$9 per serving veg; \$9.50 w/ground turkey**

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**

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 30/31

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**

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**

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 –Old Fashioned Tuna/ 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 per week for all orders unless you prepay by May 4 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 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.