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APRIL 22 – MAY 14, 2020

Save on delivery fees by ordering all 4 weeks & PAYING BY April 17. Minimum order of \$50 per week applies. If you order weekly, orders must be submitted by 5PM Friday for the upcoming week.

DELIVERY ON APRIL 22/23

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**

Singapore Noodles - Vermicelli rice noodles with a delicious curry and coconut sauce are tossed with vegetables & your choice of chicken or tofu. Good hot or cold! **\$9 per serving**

Ratatouille Stuffed Sweet Potato – A mélange of peppers, tomatoes, eggplant, summer squash & herbs is stuffed in organic red garnet yam & topped with feta cheese. **\$9 per serving veg; \$9.50 ground turkey**

Deluxe Macaroni & Cheese - Our healthier version of classic comfort food, pasta shells with sharp cheddar, Gruyere & 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 –Chicken Minestrone **\$6 per pint; \$10 per quart**

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

Side Veggies \$5 each 1 –Snap Peas & 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 –Aegean Veggie (dairy) 2 – Cape Cod Chicken Salad (contains nuts)

Fresh Fruit Salad \$7 each pint

Maple Pecan Cranberry Granola - \$7 per quart

DELIVERY ON APRIL 29/30

Maple Wheat Berry Salad –Our favorite main dish salad any time of the year, fresh corn & nutty wheat berries are combined with a rainbow of bell peppers, crisp apples, Vermont cheddar & a maple vinaigrette. **\$9 per serving veg; \$9.50 grilled chicken**

Savory Moroccan Cutlets - Chicken or tofu is baked in an authentic Moroccan tomato sauce with olives & golden raisins & served over fluffy couscous. **\$9 per serving**

Pacific Fuslon Rigatoni – Roasted yams & green onions are combined with pasta & a creamy peanut sauce. **\$9 per serving veg; \$9.50 chicken sausage**

Green Chilaquiles – Corn Tortillas with our salsa verde, pinto beans & queso fresco **\$9 per serving**

Lasagne Florentine - Noodles are rolled with Italian cheeses, spinach, herbs & garlic and 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 – Tortellini Vegetable (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 –Mandarin Tofu Broccoli/ 2 – Greek Chicken (contains cheese)

Fresh Fruit Salad - \$7 per pint

Maple Pecan Cranberry Granola - \$7 per quart

DELIVERY ON MAY 6/7

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**

Hoisin Cutlets - Chicken or tofu is baked with an authentic Chinese sauce & served over fragrant jasmine rice with a fresh vegetable & PEANUT garnish. **\$9 per serving**

Pasta & Eggplant Alfredo - A customer favorite, penne is combined with an herb laced Alfredo sauce and topped with lightly breaded baked eggplant. **\$9 per serving**

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 - Sweet Potato & Black Bean (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 - Mandarin Chicken & Broccoli

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

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

DELIVERY ON MAY 13/14

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 brown basmati 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 sour cream & chive mashed new potatoes. **\$9 per serving**

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

Soup: Fresh Corn Chowder (dairy) **\$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 -Italian Tuna/ 2 - Curried Chicken (contains nuts)

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 APRIL 17 for the 4 weeks.

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

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