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OCTOBER 24 – NOVEMBER 15, 2018
(Order all 4 weeks and pay by October 19 and delivery is FREE!)

DELIVERY ON OCT 24/25

Deluxe Stuffed Sweet Potatoes – An organic red garnet yam holds a delicious filling of broccoli, caramelized onions, herbs & Vermont cheddar cheese. **\$9 per serving vegetarian; \$9.50 w/grilled chicken**
Savory Moroccan Cutlets - Chicken or tofu is marinated & baked in a fragrant saffron & herb tomato sauce with assorted olives & golden raisins & served over couscous. **\$9 per serving**
Peanut Sesame Noodles – Delicious hot or cold, homemade Chinese egg noodles are tossed with a spicy peanut sesame sauce, shredded carrots & scallions, & your choice of chicken or tofu. **\$9 per serving**
Harvest Chili – A delicious & healthy seasonal vegetable chili that's perfect for those chilly fall evenings! **\$9 per serving vegetarian; \$9.50 ground turkey**
Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with freshly grated Vermont sharp cheddar & imported Gruyere & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
Honey Dijon Spinach Salad – Fresh baby spinach with shredded carrots, grape tomatoes, golden raisins & pecans with sharp cheddar & honey Dijon dressing **\$7.50 vegetarian/ \$9.50 with grilled chicken**
Soup - Split Pea Vegetable **\$6 per pint; \$10 per quart**
Burrito - Green Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with ground turkey**
Side Veggies - **\$5 each** 1 – Snap Peas & Carrots/ 2 – Roast Fingerling Potatoes
a la carte Cutlets Tofu or Chicken \$6; Salmon \$8 1 –Cranberry Dijon /2 – Soy Coconut
Deli Salads - **\$7.50 each** 1 – Curried Tofu (contains nuts)/ 2 – Roast Turkey with Grapes & Almonds
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON OCT 31/NOV 1

Curried Israeli Couscous Salad - A delicious sweet and savory dish with chickpeas, dried cranberries & raisins, pecans & spices. **\$9 per serving vegetarian; \$9.50 with roasted turkey**
Hoisin Cutlets– Chicken or tofu is marinated and baked in an authentic Chinese sauce (contains sesame oil) and served over brown jasmine rice with scallions & peanuts. **\$9 per serving**
Pasta With Broccoli & Sweet Potatoes – Bowtie pasta with sautéed broccoli, roasted sweet potatoes, garlic, fresh herbs & assorted Italian cheeses. **\$9 per serving vegetarian; \$9.50 chicken sausage**
Halloween Stew – A CFTH tradition, black beans, butternut squash, corn, hominy & chiles are simmered together for a perfect Autumn stew. **\$9 per serving vegetarian; \$9.50 ground turkey**
Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses and our delicious marinara sauce. **\$9 per serving vegetarian; \$9.50 turkey sausage**
Bar Harbor Salad – Spring mix with carrots, grape tomatoes, walnuts, raisins & maple balsamic dressing & Gorgonzola cheese on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken**
Soup – Chicken Tortellini **\$6 per pt; \$10 per quart**
Burrito – Roasted Corn, Rice & Salsa Verde (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Side Veggies - **\$5 each** 1 –Roasted Brussels Sprouts/ 2 –Garlic Mashed Potatoes
a la carte Cutlets Tofu or Chicken \$6; Salmon \$8 1 –Korean BBQ / 2 – Italian Herb
Deli Salads - **\$7.50 each** 1 –Baba Ganoush/ 2 –Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON NOVEMBER 7/8

Teriyaki Rice Salad – Delicious hot or cold, brown jasmine rice is combined with crisp broccoli, red bell peppers, water chestnuts & scallions & a homemade Asian dressing with grilled chicken or tofu. **\$9 per serving**

Cutlets Tzatziki – Herb baked chicken or tofu is served over couscous with our homemade tzatziki sauce (Greek yogurt, cucumber, garlic & herbs) on the side. **\$9 per serving**

Pasta with Black Olive Pesto –A favorite CFTH original (even olive haters love it!!), fusilli is combined with a freshly made pesto of black olives, garlic, sundried tomatoes, Romano & oregano. **\$9 per serving**

BBQ Meatloaf - Individual turkey or tofu loaves are smothered in BBQ sauce & served alongside sour cream and chive mashed potatoes. **\$9 per serving**

Salsa Verde Burritos – Flour tortillas are rolled with ground turkey or tofu & topped with our homemade salsa verde & queso fresco. **\$9 per serving**

Greek Salad –Green leaf lettuce with bell peppers, grape tomatoes, red onions & Kalamata olives with our homemade lemon Greek dressing & feta on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup – Mulligatawny (vegetarian curried red lentil) **\$6 per pint; \$10 per quart**

Burrito - Black Bean & Sweet Potato (dairy) **\$6.50 vegetarian; \$7.50 chicken**

Side Veggies - **\$5 each** 1 – Whipped Maple Acorn Squash/ 2 – Italian Broccoli

a la carte Cutlets Tofu or Chicken \$6; Salmon \$8 1 – Ginger Scallion/ 2 – Provencale Herb

Deli Salads - **\$7.50 each** 1 –Caponata (eggplant appetizer)/ Dijon Chicken & Roasted Pepper

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

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

DELIVERY ON NOVEMBER 14/15

Onion Tarte - Caramelized sweet onions are baked in a golden custard with Gruyere & sharp cheddar cheese. **\$9 per serving**

Thai Cutlets – Chicken or tofu is marinated & baked in a citrus coconut sauce and served over brown basmati rice with sautéed baby spinach. **\$9 per serving**

Athenian Orzo - A delicious & savory Greek pasta casserole with homemade tomato herb sauce & feta cheese **\$9 per serving vegetarian; \$10 shrimp**

Wampanoag Rice Casserole – A traditional native dish with wild & long grain rice, roasted squash, fresh corn & greens. **\$9 per serving vegetarian; \$9.50 roast turkey**

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**

Nantucket Salad Mixed greens with carrots, grape tomatoes, snap peas, raisins & sunflower seeds w/cheddar cheese & homemade Dijon vinaigrette on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup – Chicken Mushroom Barley **\$6 per pint; \$10 per quart**

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

Side Veggies - **\$5 each** 1 – Sauteed Beets/ 2 –Greek Roast Potatoes

a la carte Cutlets Tofu or Chicken \$6; Salmon \$8 1– Lemon Dill/ 2- Teriyaki

Deli Salads - **\$7.50 each** 1 –CFTH Cranberry Ginger Apricot Compote / 2 – Cape Cod 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 order all 4 weeks and I receive your payment BY October 19.

Minimum amount for delivery is \$50 (\$55 including delivery fee). PAYMENT IS DUE IN ADVANCE OR AT THE TIME OF DELIVERY. You may pay by check or via paypal using the email address cookingftheart@gmail.com

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!

IF YOU CHOOSE TO USE THE PYREX, there is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish. Otherwise you will receive disposable containers.