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## SEPTEMBER 26 – OCTOBER 18, 2018

(Order all 4 weeks and PAY by September 21 and delivery is FREE! Weekly orders must be placed no later than 5PM Friday for the upcoming week's delivery. Please specify vegetarian or non where applicable. Minimum per week is \$50 (\$55 including delivery)

### DELIVERY ON SEPTEMBER 26//27

**Caponata Couscous Salad** - Israeli couscous is combined with a grilled eggplant mélange with peppers, tomatoes, olives, raisins & fresh herbs. **\$9 per serving veg; \$9.50 grilled chicken**  
**Greek Lemon Cutlets**– Chicken or tofu is baked in our homemade Greek lemon marinade, topped with a sprinkling of feta cheese and served over roasted potatoes **\$9 per serving**  
**Chinese Meatballs** – Turkey or tofu balls are flavored with garlic, ginger & sesame oil & served over fresh egg noodles with stir fried vegetables & fresh shitake mushrooms. **\$9 per serving**  
**Thai Chickpea Curry** – A spicy vegetarian mélange with chickpeas, potatoes, eggplant, peas & tomatoes flavored with coconut, basil & curry. **\$9 per serving**  
**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**  
**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 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 – Edamame Succotash/ 2 – Sweet Potato Homefries  
**a la carte Cutlets Tofu or Chicken \$6; Salmon \$8** 1 – Pomegranate Molasses/2 – Ginger Scallion  
**Deli Salads** - **\$7.50 each** 1 – Curried Tuna (contains nuts) 2 – Mediterranean Chicken  
**Fresh Fruit Salad** - **\$7 per pint**  
**Maple Pecan Cranberry Granola** - **\$7 per quart container**

### DELIVERY ON OCTOBER 3/ 4

**Lentil, Rice & Fruit Salad** – A hearty main dish salad with lentils, brown rice, fresh & dried fruit & toasted walnuts with an orange ginger dressing. **\$9 per serving vegetarian; \$9.50 grilled chicken**  
**Cutlets Satay**– Chicken or tofu is marinated & baked in a spicy peanut and coconut sauce & served over fragrant jasmine rice. **\$9 per serving**  
**Winter Squash & Broccoli Rabe Pasta** – An assortment of roasted squash, garlic & fresh herbs is tossed with penne & topped with shaved Parmesan. **\$9 per serving vegetarian; \$9.50 chicken sausage**  
**Honey Mustard Meatloaf** – Individual turkey or tofu loaves are smothered with a delicious honey mustard sauce & served alongside sour cream & chive mashed potatoes. **\$9 per serving**  
**Baked Ziti** - Everyone's favorite comfort food with an assortment of Italian cheeses and our delicious marinara sauce. **\$9 vegetarian; \$9.50 turkey sausage**  
**Pomegranate Spinach Salad** - Baby spinach with grated carrots, grape tomatoes, golden raisins & glazed pecans with sharp cheddar & pomegranate vinaigrette. **\$7.50 vegetarian/ \$9.50 grilled chicken**  
**Soup** –White Bean Spinach **\$6 per pt; \$10 per quart**  
**Burrito** - Black Bean, Rice & Chipotle **\$6.50 vegetarian; \$7.50 grilled chicken**  
**Side Veggies** - **\$5 each** 1 –Green Beans Almondine/ 2 –Rosemary Roast Potatoes  
**a la carte Cutlets Tofu or Chicken \$6; Salmon \$8** 1 – Apricot Dijon / 2 – Italian Herb  
**Deli Salads** - **\$7.50 each** 1 – Mandarin Chicken & Broccoli / 2 – Homemade Roast Garlic Hummus  
**Fresh Fruit Salad** - **\$7 per pint**  
**Maple Pecan Cranberry Granola** - **\$7 per quart container**

## DELIVERY ON OCTOBER 10/11

**Wild Mushroom Quiche** – An assortment of fresh sautéed mushrooms & herbs is baked in a golden custard with gruyere & cheddar cheeses. **\$9 per serving**

**Maple Glazed Cutlets** - Chicken or tofu is marinated & baked in a pure maple syrup glaze and served over rice pilaf with sautéed apples & shallots. **\$9 per serving**

**North End Pasta** –Penne with sweet peppers, onions, tomatoes & fresh herbs with shredded Mozzarella & provolone cheese. **\$9 per serving vegetarian; \$9.50 chicken sausage**

**Albondigas** – Ground turkey or tofu balls are flavored with garlic, cinnamon, almonds & smoked paprika & served over rice pilaf with a simple herb tomato sauce. **\$9 per serving**

**Santa Fe Enchiladas** - Corn tortillas are rolled with roasted corn, black beans, poblanos & cheddarjack cheese & smothered with our authentic Chimayo red chile sauce. **\$9 per serving vegetarian; \$9.50 with grilled chicken.**

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

**Soup** – Thai Chicken Coconut Curry **\$6 per pint; \$10 per quart**

**Burrito** – Pico de Gallo with Beans & Cheese **\$6.50 vegetarian; \$7.50 ground turkey**

**Side Veggies** - **\$5 each** –Roast Curried Cauliflower/ 2 - Potatoes Adobado

**a la carte Cutlets Tofu or Chicken \$6; Salmon \$8** 1 –Spicy BBQ/ 2 – Provencale Herb

**Deli Salads - \$7.50 each** 1 – Spanish Chick Pea /2 –Greek Chicken (dairy)

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

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

## DELIVERY ON OCTOBER 17/18

**Peppers All Baba** – Bell peppers hold a healthy & delicious filling with cracked wheat, fresh oranges, cucumbers, herbs, currants & toasted walnuts. **\$9 vegetarian; \$9.50 w/ground turkey**

**Cutlets Lucerne**– Herb baked chicken or tofu is smothered in a rich tarragon mushroom sauce & served over couscous with a sprinkling of Gruyere. **\$9 per serving**

**Warm French Pasta Salad** - Penne & fresh green beans are tossed with a robust Dijon dressing, roasted red peppers & shallots, capers, feta cheese, fresh herbs & toasted pecans. **\$9 per serving vegetarian; \$9.50 grilled chicken**

**Green Chilaquiles** – A traditional Mexican dish with corn tortillas, fresh salsa verde with tomatillos, poblanos & cilantro & crumbled queso fresco. **\$9 per serving**

**Shepherd's Pie** - Ground turkey or tofu is sautéed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$9 per serving**

**Baby Kale Salad** – Baby kale with red peppers, grape tomatoes, shredded carrots, dried cranberries & a ginger miso dressing. **\$7.50 vegetarian/\$9.50 with grilled chicken**

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

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

**Side Veggies** - **\$5 each** 1 –Roasted Carrots & Parsnips/ 2 –Maple Whipped Sweet Potatoes

**a la carte Cutlets Tofu or Chicken \$6; Salmon \$8** 1 – Maple Dijon / 2 – Teriyaki

**Deli Salads - \$7.50 each** 1 – Baba Ganoush/ 2 – Old Fashioned Tuna

**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 SEPTEMBER 21.**

**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](mailto: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](mailto: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. Singles & up to 4 serving sizes are delivered in disposable containers.**