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August 30 – September 21, 2017 Back to School!!

Order all 4 weeks & pay by August 25 & delivery is free!

DELIVERY ON AUGUST 30/31

Maple Wheat Berry Salad - Fresh local corn, a rainbow of bell peppers, crisp apples, Vermont cheddar & wheat berries tossed with a maple vinaigrette. **\$9 per serving vegetarian; \$9.50 roast turkey**

Barbeque Bleu Cheese Cutlets – Chicken or tofu is served over roasted potatoes with our delicious barbeque bleu cheese sauce. **\$9 per serving**

Salisbury Steak - Ground turkey or tofu "steaks" are topped with a fresh mushroom gravy & served over curly noodles. **\$9 per serving**

Greek Eggplant Rice Casserole – Fresh roasted eggplant & farmstand tomatoes are combined with brown rice, feta cheese, fresh herbs & cinnamon. **\$9 vegetarian; \$9.50 with 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**

Berry Mesclun Salad –Mixed greens with an assortment of fresh berries, cucumbers, toasted almonds & gorgonzola cheese & citrus raspberry vinaigrette on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Gazpacho **\$6 per pint; \$10 per quart**

Burrito - Red Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with chicken**

Side Veggies - **\$5 each** 1 –Calabacitas (fresh corn & squash)/ 2 – Sweet Potato Homefries

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1 – Greek Lemon/ 2 – Korean BBQ

Deli Salads - **\$7.50 each** 1 –Israeli Eggplant & Yogurt 2 –Mediterranean Chicken

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

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

DELIVERY ON SEPTEMBER 6/7

Autumn Moon Quinoa - High protein quinoa with roasted butternut squash, zucchini, vidalia onions, dried cranberries, toasted pecans & a light citrus vinaigrette. **\$9 per serving veg; \$9.50 turkey**

Sonoran Cutlets - Chicken or tofu is baked with fajita spices, topped with a fresh salsa of black beans, roasted plum tomatoes, corn & poblano chiles & served over our fabulous Mexican rice. **\$9 per serving**

Pasta With Pumpkin Pesto - Delicious & healthy, penne is tossed with rosemary infused olive oil & combined with our incredible pumpkin & ricotta pesto (contains pumpkin seeds). **\$9 per serving**

BBQ Meatballs – Ground turkey or tofu “meatballs” are smothered in our homemade sweet & bold BBQ sauce with sour cream mashed potatoes. Perfect back to school dinner! **\$9 per serving**

Lasagne Florentine - Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**

Caesar Salad - A classic Caesar with fresh red leaf lettuce, shaved Parmesan, homemade croutons & creamy Caesar dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup – Fall Vegetable Stew (vegetarian) **\$6 per pt; \$10 per quart**

Burrito - Black Bean, Rice & Chipotle (no cheese) **\$6.50 vegetarian; \$7.50 ground turkey**

Side Veggies - **\$5 each** 1 –Roasted Brussels Sprouts/ 2 – Roasted Fingerling Sweet Potatoes

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1 -Provencale Herb / 2 – Teriyaki

Deli Salads - **\$7.50 each** 1 –Roasted Garlic Hummus/ 2 – Cape Cod Chicken (contains nuts)

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

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

Please see other side for weeks of September 13/14 & 20/21

DELIVERY ON SEPTEMBER 13/14

Spinach Feta Quiche - Spinach, garlic & herbs are baked in a golden custard with feta, mozzarella & Romano cheeses. **\$9 per serving**

Cranberry Dijon Cutlets - Chicken or tofu is baked with cranberries, mustard & fresh thyme & served over couscous with a garnish of roasted red onions. **\$9 per serving**

Portabella Pasta - A savory dish perfect for the change of seasons, bow ties are combined with an array of fresh mushrooms & roasted squash, caramelized onions, herbs, shredded Parmesan & a light Alfredo sauce. **\$9 per serving vegetarian; \$9.50 with chicken sausage**

Stuffed Sweet Potatoes - A baked sweet potato holds a delicious filling of black beans, roasted poblanos, fresh corn & caramelized onions & is topped with our fabulous BBQ bleu cheese sauce. **\$9 per serving vegetarian; \$9.50 ground turkey**

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**

Farmhouse Spinach Salad - Baby spinach with cherry tomatoes, shredded carrots, cucumbers, gorgonzola cheese & honey mustard dressing on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

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

Burrito - Pico de Gallo & Bean (dairy) **\$6.50 vegetarian; \$7.50 Grilled Chicken**

Side Veggies - **\$5 each** 1 - Cauliflower au Gratin/ 2 - Garlic Mashed Potatoes

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1 - Orange Miso / 2 - Adobado (chile & herbs)

Deli Salads - **\$7.50 each** 1 - Aegean Vegetable Salad / 2 - Curried Chicken (contains nuts)

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

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

DELIVERY ON SEPTEMBER 20/21

Greek Pasta Salad - One of our favorites, ditalini pasta is combined with tomatoes, cucumbers, bell peppers, red onions, feta cheese, Kalamata olives & our Greek lemon dressing. **\$9 vegetarian; \$9.50 grilled chicken**

Salsa Verde Cutlets - Chicken or tofu is baked with fajita spices and served over Mexican rice with our homemade poblano & tomatillo sauce & queso fresco. **\$9 per serving**

Apricot Almond Noodle Kugel - Our favorite holiday recipe with a creamy custard, pure maple syrup & assorted raisins is topped with apricots & almonds. **\$9 per serving**

Three Bean Chili - Fresh seasonal vegetables are combined with assorted beans, poblanos, & the right amount of spice! **\$9 vegetarian; \$9.50 ground turkey**

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

Baby Arugula Salad - Fresh greens with grated carrots, grape tomatoes, golden raisins & pecans with sharp cheddar & pomegranate vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Farmhouse Lentil (vegetarian) **\$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 - Italian Broccoli/ 2 - Homemade Refritos

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) - 1 - Honey Mustard/ 2 - Soy Coconut

Deli Salads - **\$7.50 each** 1 - Lentil & Red Pepper Salad (dairy)/ 2 - Roast Turkey with Grapes & Almonds

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 order all 4 weeks and I receive your payment by August 25. September 27/28 delivery will appear on the next menu.

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

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!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish IF YOU CHOOSE TO USE THE PYREX. Single servings and larger servings are delivered in disposable containers. It is not necessary to use the pyrex if you are trying out our service or prefer disposable containers.