

SOUPS
Apple Pumpkin Bisque
Black Bean Sweet Potato Chili (veg, beef or turkey)
Broccoli-Cheddar Soup
Classic Chicken + Wild Rice (or noodles)
Corn Chowder / Bacon + Corn Chowder
Creamy Potato + Leek Soup
Four Bean + Pumpkin Chili
French Onion
Gazpacho
Gingered Butternut Squash
Greek Lemon Chicken Soup
Hearty Chicken-Quinoa Stew
Herbed Vegetable Soup
Italian Wedding Soup
Loaded Baked Potato
Minestrone Soup
Miso Soup
Mushroom Barley Soup
Pasta Fagioli
Portuguese Kale Chorizo Soup
Roasted Tomato Basil Soup
Shrimp Corn Chowder
Smoked Pepper + Pumpkin
Smoky Tomato Lentil
Soba Noodle Soup
Southwestern Chicken Chili
Spicy Black Bean Soup
Spicy Carrot Bisque
Split Pea (mushroom or ham)
Sweet Corn Shrimp Chowder
Sweet Potato Coconut Soup
Thai Curry Cauliflower Soup
Tomato Florentine Soup
Turmeric Red Lentil Soup
Tuscan White Bean
Verde Veggie Chili (or chicken)
West African Peanut Soup
Winter Vegetable Bisque
Zesty Turkey Chili (or beef)
*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness.

SALADS + SIDES

Arugula Salad + Lemon Vinaigrette

Broccoli, Cabbage + Cranberry Slaw

Cobb Salad (chicken, onion, bacon, egg, cheese, baby spinach)

Couscous + Balsamic Roasted Vegetable

Garden Faro Salad

Greek Chopped Salad

Golden Beet + Barley Salad with Chard

Heirloom Tomato Caprese

Kale Caesar Salad

Layered Jar Salads (soba noodle, greek, southwest, or Cobb)

Lemony Kale + Quinoa

Maple-Cashew Kale Salad

Minestrone Pasta Salad

Panzanella Salad

Roasted Beet, Walnut + Goat Cheese Salad

Roasted Root Vegetable, White Beans + Spinach w/maple tahini

Sesame-Soy Soba Noodle Salad

Shaved Brussels Sprout Salad with dijon vinaigrette

Southwestern Quinoa Salad

Summer Corn, Tomato + Basil

Superfood Salad

Summer Succotash Salad

Tuscan Faro with Eggplant, Zucchini, Peppers + Basil

Tuscan Kale, Celery and Chickpea Salad

Warm Lentil and Kale Salad

Wild Rice Waldorf Salad

Winter Vegetable Slaw

Zesty Black-Eyed Peas

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CASSEROLES
American Chop Suey, beef
Baked Macaroni + Cheese
Baked Ziti, vegetable or sausage
Breakfast For Dinner Casserole
Cheesy Chicken, Rice + Broccoli
Chicken Pot Pie
Classic Tuna Noodle Casserole
Creamy Spinach + Artichoke Chicken
Enchilada Casserole, beef or chicken
Green Bean Casserole
Ham + Scalloped Potato
Ham, Tomato + Elbows
Lasagna, vegetable or beef
Shepherd's Pie, beef or lentil-mushroom
Shepherd's Pie, lentil + mushroom

SIDES
Asian-Style Zucchini
Baby Bok Choy (steamed, sautéed or charred)
Balsamic-ParmesanCauliflower Steaks
Braised Red Cabbage + Apples
Broccoli-Cheddar Stuffed Potatoes
Broccoli Tots
Brussels, Bacon + Green Beans
Cauliflower Mash
Charred Cabbage Wedge (mustard or buttermilk ranch sauce)
Charred Snap Peas
Cheesy Cauliflower and/or Broccoli Gratin
Couscous + Balsamic Roasted Vegetable
Cranberry Orange + Pecan Rice Pilaf
Creamy Vegan Pasta with Chickpeas + Kale
Crispy Zucchini Fries (baked or fried)
Garlic-Braised Mushrooms
Grilled Zucchini Planks
Green Bean Sauté
Honey-Roasted Carrots
Maple-Tamari Roasted Brussels Sprouts
Orange-Scented Faro Pilaf with Figs
Parsnip Puree
Risotto (mushroom, butternut, tomato, or spinach)
Roasted Acorn Squash (honey-sriracha or maple-butter)
Rosemary Roasted Potatoes + Brussels Sprouts with Bacon
Shaved Brussels Sprout Salad with dijon vinaigrette
Smashed Crispy Baby Potatoes
Spaghetti Squash Nests with Feta, Basil + Tomato
Squash Gratin (summer or winter)
Roasted Potato Wedges (russet or sweet)
Swiss Chard Braised with garlic
Wild Rice Cranberry Pecan Pilaf
Zesty Black-Eyed Peas
Zucchini-Corn Fritters

ENTREES
Beef + Broccoli Stir Fry with rice
Bolognese Lasagna with spinach-ricotta filling
Chicken Cacciatore with Parmesan Orzo
Chicken Milanese with Arugula + Tomato Salad
Chickpea Fritters with Quinoa Tabbouleh and Tzatziki
Chili-Lime Chicken or Shrimp with Southwest Black Bean Salad
Cider Braised Chicken + Apples with Parsnip Puree
Classic Shepherd's Pie with beef, vegetables, gravy and mashed potato crust
Coq au Vin with Lyonnaise Potato
Creamy Chicken Marsala with Mashed Potatoes and Seasonal Vegetable
Crispy Garlic-Parm Chicken with Broccoli + Cauliflower Gratin
Farmhouse Chicken Pot Pie with cornbread crust
Grilled Chimichurri Steak with Smashed Potatoes and Romaine + Charred Corn Salad
Hearty Chicken, Quinoa + Butternut Squash Stew
Herbed Beef Tenderloin with Twice-Baked Potato and Seasonal Vegetable
Jerk-Spiced Chicken or Shrimp, Mango Salsa and Coconut Basmati
Julia Child's Red Wine Burgers with Duchess Potato and Green Beans
Kale + Romaine Caesar Salad with grilled salmon, steak or chicken
Lamb Kofta, Spiced Basmati and Charred Snap Peas
Lemon Chicken with basmati rice and steamed broccoli
Lentil-Mushroom Shepherds Pie with Sweet Potato Crust
Maple-Glazed Whole Chicken Leg, Baby Potatoes, Carrots + Brussels
Meatballs + Marinara with pasta, spaghetti squash or zucchini noodles
Micro-chopped Superfood Salad topped with grilled salmon or chicken
Mom's Meatloaf with Creamy Mashed Potatoes and Green Beans
Pad Thai Noodle Bowl with chicken, shrimp or tofu
Pan-Roasted Honey-Dijon Sausage + Vegetables
Pecan-Molasses Pork Tenderloin with Parmesan Roasted Broccoli
Pork Medallions + Roasted Cabbage Wedges with creamy mustard sauce
Potato-Crusted Quiche (ham, broccoli, cheddar or spinach, tomato, feta)
Ramen Bowl with egg, bok choy and shiitake (chicken or tofu)
Ratatouille with Creamy Parmesan Polenta

Rosemary + Garlic Pork Tenderloin with Mushroom Risotto
Sage + Butternut Lasagna with kale, sausage and béchamel
Satay or Sesame-Ginger Chicken + Veggie Fried Rice
Spinach + Feta Turkey Burgers and Sweet Potato Wedges
Sticky Asian Chicken Thighs with Spicy Green Beans
Tailgate Chili with beef, beans, and warm spices
Thai Curry Noodle Bowl with veggies and chicken or shrimp
Turkey Meatballs + Zucchini Noodles with Garlic-Lemon Pan Sauce
Verde Chicken + Black Bean Enchiladas
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