

July 2020

Weekly Fresh Menu

CLOSED: Week of July 7th

S= Single Serving
T= Twin ~ 2 Servings
F= Family ~ 5-6 Servings



Week of July 7th

October Kitchen is Going on Vacation!

The Kitchen will be closed
Friday, July 3rd ~
Sunday, July 12th

NO deliveries or store front hours
the week of July 7th

Store reopens Monday, July 13th

Phone calls and emails will be
returned Sunday, July 12th

Have a safe and happy
4th of July!

Week of July 21st

- 1. **Broiled Sole with Pineapple Salsa** NEW S 9.99
(D)(GF)(K)(SS)(V)(WM)(WF) T 18.99
 Delicate sole with pineapple and mango salsa, brown rice and a sugar snap pea salad with chick peas and cherries. F 36.99
- 2. **Cherry Cola BBQ Chicken** (D)(GF)(K)(SS)(V)(WM)(WF) S 8.99
(Special Order Dairy Free without Mashed) T 16.99
 Roasted chicken breast rubbed with a tangy homemade BBQ sauce, served with scallion mashed potatoes and sautéed green beans with onions and tomato. F 33.99
- 3. **Taco Salad** (D)(K)(SS)(WF) NEW S 9.99
 ~ **Served Cold** ~ T 18.99
 Taco seasoned ground beef, tomato, lettuce, beans, rice, corn and salsa topped with cheese, tortillas, and healthy, house made chipotle ranch dressing. F 36.99
- 4. **Turkey and Sweet Potato Skillet** (D)(K)(WF) S 8.99
 Hearty and nutritious, this comfort food egg dish has roasted sweet potatoes, ground turkey, corn, beans, scallions, peppers and mozzarella. T 16.99
F 33.99
- 5. **Vegetarian Grandma's Stuffed Peppers** (D)(GF)(K)(SS)(V)(WM)(WF) S 8.99
 Our famous "house favorite" gets a tasty twist! Peppers stuffed with rice, whole grain lentils and spinach topped with a sweet tomato glaze. T 16.99
F 33.99
- SOUP: Roasted Red Pepper Soup** NEW 5.99
(D)(GF)(K)(SS)(V)(WM)(WF)
 A light summer soup with lots of sweet peppers, onion, fennel and garlic.
- SALAD: Spinach Party Salad** 7.99
 Spinach, red onions, carrots, cucumbers, red cabbage, golden raisins and a honey lime vinaigrette.
- MUFFINS: Vanilla Bean Muffins ½ dz** 6.99
- DESSERT: Honey Banana Cake** 5.99

Week of July 14th

- 1. **BBQ Chicken Chili** (D)(GF)(K)(SS)(WF) NEW S 8.99
(Special Order Dairy Free without Cheese) T 16.99
 Made with a touch of tomato, warm spices and tangy BBQ sauce served over rice and beans topped with cheddar cheese. F 33.99
- 2. **Baked Haddock with Garden Ratatouille** S 9.99
(D)(K)(SS)(V)(WM) *(Special Order Dairy Free without Cheese, Wheat Free without Couscous)* T 18.99
 Pan poached with a garden of tasty veggies; zucchini, eggplant, summer squash and olives finished with Parmesan cheese. F 36.99
- 3. **Beef and Broccoli Stir Fry** (D)(GF)(K)(SS)(WF) S 9.99
 A tasty dish with tender beef tossed with broccoli and veggies served over rice. T 18.99
F 36.99
- 4. **"Neatballs" for Life** (D)(K)(SS)(V) S 8.99
 These tasty meatballs are a real tasty treat served with our famous zoodles, topped with house made marinara and spinach pesto. T 16.99
F 33.99
- 5. **Swedish Meatloaf** (D)(GF)(K)(SS) S 9.99
 Traditionally a meatball, transformed into a tasty loaf with a sweet, tangy glaze served with roasted cauliflower and mushrooms with toasty crumbs. T 18.99
F 36.99
- SOUP: Cold Cucumber Soup** (D)(K)(SS)(V)(WM)(WF) 5.99
 Delicate and creamy, flavored with yogurt and dill.
Served Cold -DO NOT FREEZE -
- SALAD: Mixed Greens, Red, White and Blue Salad** NEW 7.99
 Spinach, arugula, grape tomatoes, blueberries, mozzarella pears, chickpeas and a lemon dressing.
- MUFFINS: Apple Pie Muffins ½ dz** NEW 6.99
- DESSERT: Peach Raspberry Crumb Bars** NEW 5.99

Week of July 28th

- 1. **Garden Vegetable Turkey Meatloaf** (D)(K)(SS)(V)(WM) S 8.99
 A delicious lower fat meatloaf with lots of summer vegetables and herbs baked right in. T 16.99
F 33.99
- 2. **Japanese Stir Fried Beef with Noodles** (D)(GF)(K)(SS)(V)(WM)(WF) NEW S 9.99
 Perfectly al dente noodles, thin slices of fork tender beef, mixed with Napa cabbage, shredded carrots and scallions. This will be your new favorite! T 18.99
F 36.99
- 3. **Moussaka** (D)(K)(LC)(K)(SS)(V)(WM)(WF) S 8.99
 Irresistible. Layers of eggplant, ground lentils and chickpeas topped with rustic vegetarian tomato sauce. This dish screams summer! T 16.99
F 33.99
- 4. **Scallop Pasta Primavera** (D)(GF)(K)(V)(WM) S 9.99
 Sea scallops with julienned squash, carrots, broccoli, garlic, shallots, tomato and basil served over linguine with Parmesan cream sauce. T 18.99
F 36.99
- 5. **Smokey Chicken and Summer Potato Salad** S 8.99
(D)(GF)(K)(SS)(WF) **Served Cold -DO NOT FREEZE-** T 16.99
 A smokey, chicken salad with baby potatoes, tomatoes and fresh corn off the cob served over arugula. F 33.99
- SOUP: Chilled Corn Soup with Lobster** (D)(K)(SS)(WF) 5.99
 A creamy, sweet corn purée loaded with chunks of fresh lobster finished with tarragon.
- SALAD: Broccoli Pasta Salad** 7.99
 Bell flower pasta tossed with broccoli florets and cherry tomatoes over greens with a dijon white wine vinaigrette.
- MUFFINS: Peach Crumb Muffins ½ dz** 6.99
- DESSERT: Tropical Fruit Cake** 5.99