

Our meals are prepared freshly in our kitchen.  
You will receive a collection of the following foods every week.

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## BREAKFAST | 1 PER WEEK

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Breakfast offerings will be one of the following per week.

Southwestern Omelette

Vegetable Frittata

French Toast

Blueberry Pancake

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## LUNCH | 5 PER WEEK

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Our lunch offerings are a combination of soups and salads, and are served with rolls.

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## SOUPS | 3 PER WEEK

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Cuban Black Bean

Cannellini Bean  
and Barley

Puree of Mushroom

Caramelized Onion

Curried Red Beet

Smokey Three Bean

Split Pea

Coconut Curry

Curried Carrot

Puree of Parsnip

White Bean  
and Corn

Pureed Spinach

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## SALADS | 2 PER WEEK

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Basil Macaroni Salad

Green Quinoa Salad

Farro & Beet Salad

Bulgur Wheat  
& Lentil Salad

Couscous Salad  
with Mint & Sumac

Roasted Chickpea Salad  
with Kale

Brown Rice &  
Edamame Salad

Black Lentil  
Herb Salad

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**All of our  
meals are**



low-sodium



heart-healthy

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We are a shellfish / nut free kitchen. Our meals may  
contain wheat, eggs, soy, fish, dairy and sesame.

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## DINNER ENTREES | 5 PER WEEK

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All entrees are heart healthy, low in sodium, and include a protein, grain and vegetable. Entrees may vary.

Chickpea Curry

Black and White  
Bean Stew

Vegetable Burger  
with Salsa

Garbanzos Guisados

Seasonal Vegetable  
Stir Fry

Beet and Spinach Stew

Local Vegetable Stew

Vegan Vegetable  
Casserole

Stuffed Pepper  
with Curry

Pasta Quinoa Bowl

Seasonal Vegetable Stew

Vegetable Gumbo

Quinoa Corn Cakes

Stuffed Portabello  
Mushroom

Mushroom Barley Burger

Smoky Lentil Stew

Vegetable Burger  
with Pasta

Mushroom Risotto

Pasta Primavera

Butternut Squash Risotto

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## DESSERTS

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We serve two freshly baked in house cookies per week, along with mixed fruit cups. You will also receive a personalized birthday cake every year!



**Sustainability  
of our products**

wild-caught fish | grass-fed beef | single-origin spices  
antibiotic-free chicken | herbs grown on our rooftop garden

