

01/01/2012

meals for the week
servings per week

Name

delivery address
contact number

menu

Spicy cornmeal crusted chicken

Sweet and sour collards and cabbage
Mashed potatoes & sunchoke

warming instructions

Squash & swiss chard lasagne

(toasted walnuts, ricotta and caramelized onion)
Fennel, citrus & mint salad

warming instructions

Kale & summer tomato ratatouille

Quinoa pilaf with sauteed wild mushrooms
warming instructions

Winter beef & bean stew

Slow cooked beef brisket with scarlet runner beans
and root vegetables
Broccoli rabe w/garlic

warming instructions. top hot sauce and/or sour cream.

dietary notes

history & needs

what you love

what you never want to eat!

allergies / dietary restrictions

extras

farmers market greens

pear vanilla jam w/local yogurt & nuts

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Sweet potato & chickpea falafel

(with yogurt mint sauce)

Roasted beet & carrot salad w/goat cheese & nuts

warming instructions

Chicken and root vegetable pot pie

Whole wheat & spelt crust

Brussel sprout, lemon, parmesan & nut salad

warming instructions

Piperade w/spicy local chorizo (or white beans)

Tangy peppers, onions, tomatoes & parsley

Grilled polenta

warming instructions

Tuscan quinoa & white bean winter stew

Tomatoes, cabbage, carrot, lemon & parmesan

(meatballs optional)

warming instructions

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local hard cheese

apple, oat & nut crumble w/sea salt

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Braised short ribs with apricot miso glaze
Seared vegetables & rice w/miso ginger dressing
warming instructions

Enchilada casserole
Chicken & mushroom (or sans meat)
Spicy black beans & brown rice
warming instructions

Wild salmon & roasted root vegetable cakes
(dijon dipping sauce)
Crispy potatoes & fresh greens salad
warming instructions

Barley risotto
Carmelized squash, brussel sprouts, lemon and
parmesan (optional bacon)
Pan-fried cauliflower w/fried leeks
warming instructions

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farm fresh eggs

dark honey

triple ginger cookies