



2020 EARLY SPRING PREPARED MEALS

VEGETARIAN

MOROCCAN SPICED QUINOA CAKES w' EGGPLANT & TOMATO RAGOUT, MOZZARELLA & WILTED GREENS

WILD RICE CHEESE MUSHROOM PANCAKE TOPPED w' ZOODLES & WILD GREENS WALNUT PESTO

ROASTED VEGETABLE, LENTIL & POTATO MOUSSAKA, TOMATO SAUCE & VT SHEEP'S MILK CHEESE

EGGPLANT PARMESAN

ORECCHIETTE WITH RAPINI, VERMONT & WILD MUSHROOMS, WHITE BEANS, ROASTED GARLIC & VERMONT CHEVRE

CRISPY SWEET POTATO, QUINOA & BLACK BEAN BURGER,
MAMA HOO-RAH & GREEN TAHINI SAUCES

SPINACH & VEGETABLE RATATOUILLE LASAGNA, FRESH TOMATO SAUCE & BASIL OIL

INDIAN ROASTED VEGETABLE, CASHEW & LENTIL CURRY w' WILD & BASMATI RICE

POULTRY

HONEY LAVENDER ROAST CHICKEN WITH SPRING VEGETABLE RICE PILAF

CRISPY PANKO CHICKEN CUTLETS w' GRILLED ASPARAGUS, SPRING ONIONS & PARSLEY
TARRAGON GREMOLATA OVER SCAMPI PASTA

MOROCCAN CHICKEN TAGINE w' GREEN OLIVES, APRICOTS, PRESERVED LEMON
BASMATI RICE PILAF

TANDOORI CHICKEN w' CUCUMBER DILL SAUCE & GRILLED MANGOES, BASMATI RICE

MEAT

KOREAN GROUND VT BEEF BOWL WITH BROCCOLI, PEPPERS & JASMINE RICE

RAGOUT OF PORK w' CHESTNUTS, APPLES, OLIVES & THYME, VERMONT CORN SOFT POLENTA

VERMONT BEEFALO SHEPHERDS PIE w' CABOT CHEDDAR MASH

CHIPOTLE MAPLE NE RAISED BEEF w' SHITAKE MUSHROOMS WITH LEEK & POTATO HASH

FISH

LUXURIOUS FISH PIE w' ROSTI POTATO & CAPER TOPPING

CEDAR PLANKED FILET OF SALMON w' TANGY MAPLE RED PEPPER GLAZE, LEMON RISOTTO

SEAFOOD LASAGNA w' SCALLOPS, SHRIMP & COD IN A SPICY TOMATO SAUCE



SOUPS:

GINGER VEGETABLE MISO SOUP

SPINACH PARMESAN SOUP

SPRING MINESTRONE VERDE w' ALMOND PESTO

TUSCAN BEAN SOUP

SUPER FOOD VEGGIE SOUP w' TURMERIC & SEAWEED

ORDERING & PICK UP DETAILS

ORDERS CAN BE RECEIVED BY SUNDAY FOR PICK UP AND/OR DELIVERY EACH WEDNESDAY,

MINIMUM OF 2 PERSON MEALS AND MINIMUM OF 3 DIFFERENT DISHES IN A WEEK, IT IS NOT OBLIGATORY TO PURCHASE EVERY WEEK,

PICK UP FROM OUR MORRISVILLE KITCHEN 120 PLEASANT STREET MORRISVILLE VT 05661 IS ON WEDNESDAY FROM 3-4PM AND WE ARE NOW INCLUDING FREE LOCAL DELIVERY WHICH WOULD ALSO BE ON WEDNESDAY

PRICING:

VEGETARIAN DISHES: \$24 PER PORTION OR \$20 PER PORTION FOR ORDERS OF 6 PORTIONS OR MORE

MEAT, POULTRY & SEAFOOD DISHES: \$28.00 PER PORTION OR \$24.00 PER PORTION FOR ORDERS OF 6 PORTIONS OR MORE

SOUPS: \$16.00 PER 32OZ CONTAINER

9% VT MEALS TAX IS INCLUDED IN THE PRICING

MEALS WILL BE PREPARED AND SOLD FRESH

FREEZING AND REHEATING INSTRUCTIONS WILL BE INCLUDED,