

# No Dietary Restrictions

*three meals for four days plus snacks and a dessert, in no particular order unless otherwise noted*

## Breakfast

### Breakfast Sandwiches

*open-faced with sliced soft-boiled eggs, avocado and smoked trout*

### Polenta Porridge

*with raisins, brown sugar and toasted nuts*

### Spanish Sausage Quiche

*with roasted pepper, can be served hot or cold*

### Granola

*made every-other visit*

## Lunch

*sandwich and soup or salad mixer, can be packaged individually for lunch on the go*

### Sandwich Choices

*spicy Italian on focaccia or curried chicken salad on a wheat bun (four of each)*

### Soup Choices

*Italian sweet pepper and potato soup or roasted cauliflower soup (two days for each)*

### Arugula Salad

*with fresh mozzarella and toasted pine nuts with berry champagne vinaigrette (two days)*

### Baby Romaine Salad

*with shredded carrot, tomato and cucumber with lemon pepper dressing (two days)*

## Dinner

*dinners marked with an asterisk \* should be eaten on day one or two for optimal freshness*

### Thai Steak Salad

*served with a side of steamed rice*

### Chicken Piccata

*served with roasted vegetables*

### Potato and Langoustine Gratin \*

*with fresh roasted fennel and simple salad*

### Udon

*Japanese-style chicken noodle soup with Sunomono (seaweed and cucumber salad)*

## Snacks

*two snack options, can be packaged individually for a snack on the go*

### Green Smoothies

*smoothie kits include mango, spinach, lime and coconut, complete with freezer kits, fresh kits, and coconut water for smoothie base*

### Vegetable Plates

*fresh from the farmers market served with creamy home-made hummus and smoked trout dip*

## Dessert

*one sharable dessert per week*

### Lemon Loaf

*with fresh berries and white chocolate whipped cream*