

# Healthy Gourmet To-Go

*Vegan meal delivery and catering company for 29 years and counting*

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## Menu For July 18 and 19

*ALL 10 dishes freeze well this week.  
There is an "F" on the lids of dishes that freeze well.*

**TV Dinner Plate:** Walnut crusted baked tofu tenders on bed of chive n' green peas smashed Yukon potatoes with side of parsley-walnut pesto and

delicious oven baked turmeric cauliflower 10 points per quart F and NUTS (walnut)

**Very Veggie Plate:** Grilled corn on the cob, roasted sweet red beets, along with carrot logs in dill sauce garnished with roasted garlic cloves 3 points per quart F and Nut Free

**Tuscan Tomato Rice Soup:** Roasted tomatoes with carrot, celery, onion, kale, garbanzo beans and basmati rice simmered with fresh basil topped with house made walnut “parma cheeze” 5 points per pint F and NUTS (walnut)

**Indian Red Lentil Dahl n’ Chapati:** Indian spiced red lentil dahl with corn and cilantro topped with chickpea/onion grilled chapati garnished with dollop of coconut chutney 6 points per pint F and Nut Free

**Pad Thai Noodles:** Rice noodles tossed with house made peanut ginger Thai sauce topped tri color slaw in cumin vinaigrette garnished with chopped peanuts 6 points per pint F and NUTS (peanuts)

**Mexican Salad:** Black beans layered with sautéed onions, cilantro pumpkin seed pesto, shredded lacinato kale and grilled sweet mini peppers 4 points per pint F and Nut Free

**Falafel n’ Quinoa:** Chickpea n’ vegetable baked falafel served with lemon tahini sauce over a bed of quinoa with sautéed onions and wilted kale 5 points per pint F and Nut Free

**Primavera Pasta Plate:** Brown rice penne pasta tossed with sautéed onions, baby spinach, cherry tomatoes, fresh basil, “mozzarella cheeze”, and green peas topped with walnut “parma cheeze” 5 points per pint F and NUTS (walnut)

**Lentil Pate:** Scrumptious lentil-walnut pate (vegan “chopped liver” better than Grandma used to make and cruelty free) with raw crudités 5 points per container F and NUTS (walnut)

**Tapioca Pudding:** Creamy and scrumptious coconut tapioca pudding topped with chocolate coconut cream and raspberries 6 points per 12 oz. container F and Nut Free

**Add Yummy Extras To your Bag at check out:**

- Double up on any of this week's dishes
- "Sea" Caesar-the cashew *everything* dressing
- Untuna salad
- Immune shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the week: Chocolate Chia Strawberry peanut Butter Monkey
- Quesadilla with dip
- Stuffed grilled "cheeze" with avocado and grilled onions

***A Yummy Testimonial:*** "This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!" Vinnetta Brooklyn, NY

***A Yummy Testimonial:*** "OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummier than actual tuna salad. This container isn't gonna last the day." Emily Wappingers Falls, NY

***A Yummy Testimonial:*** "Yay for a quart of your delicious UNtuna salad - soooo freaking good!" Danielle Greenwood, NY

***A Yummy Testimonial:*** "Those ginger shots were amazing by the way 🍌❤️"  
Julia Poughkeepsie, NY

***A Yummy Testimonial:*** “I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔 ” Corinne Newburgh, NY

***A Yummy Testimonial:*** “Ur smoothies are like divine desserts” Sherry Elka Park, NY