



It's Easy. It's Comfort. It's Ready.

Menu-Week of October 21st

(FF) ~ FODMAP friendly/can be altered for FODMAP diet (At a minimum, onions and/or garlic replaced with asafetida and gluten ingredients are replaced with gluten free)

(SC) ~ can be prepped for slow cooker-just ask!

(GG/BR) ~ can be prepped on the grill or broiler-just ask

(LS) ~ Low sodium; less than 135 mg per serving

Beef Pot Roast & Horseradish (FF/LS)

COOKING MELLOWS THE HORSERADISH TO BECOME A PLEASANT NOTE

Broccoli Mash (LS) or Potato/Parsnip Mash (FF/LS)

Garlic Roasted Green Beans (FF/LS)

Asian Beef/Pork/Chicken Salad (FF/LS)

FLANK STEAK MARINATED IN SOY, GINGER, AND GARLIC SERVED WITH A RED CABBAGE SALAD. FODMAP USES BABY BOK CHOY. CHOOSE PORK OR CHICKEN INSTEAD. PROTEIN AND SALAD COME TOGETHER AS THE ENTRÉE AND ONE SIDE.

Chinese Long Beans (FF/LS)

GLAZED WITH CHICKEN STOCK, HONEY OR BROWN SUGAR (FF), AND SESAME

Chile Rellenos Chicken (FF/LS)

THINK INSIDE-OUT RELLENO, WITHOUT THE FRYING

Chipotle-Butternut & Carrot Mash (FF/LS)

Corn O'Brien (FF/LS)

COLORFULLY APPETIZING, GARNISHED WITH BACON, BELL PEPPER, AND PIMENTOS. WANT TO LOSE THE PEPPERS?

Couch Potatoes

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Chicken/Tilapia Ranchero (FF/LS)

PAN SEARED CHICKEN OR TILAPIA WITH HOUSE RED ENCHILADA SAUCE

Cheesy Cauliflower

CHEDDAR!

Bourbon Sweet Potatoes (FF/LS)

Quinoa with Roasted Butternut Squash (FF/LS)

Tomatoes Provencal (FF/LS)

RIPE SUMMER TOMATOES FILLED WITH BREADCRUMBS AND PARMESAN CHEESE-JUST READY FOR THE BROILER!

Additional Side:

Lemony Yellow Split Peas (LS)

LIKE LEMON, GARLIC, AND GINGER?

Couch Potatoes Secret Menu

*WANT TO CHANGE OUT FOR SOMETHING A LITTLE DIFFERENT?
CHECK OUT THE MENU ONLINE.*