



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

Dinner Menu-Week of January 27th

Beef or Turkey Bolognese (FF/LS)

QUICK BOLOGNESE WITH A BIT OF SUMMER VEG AND BEEF OR TURKEY.

Noodles (FF/LS)

GOTTA HAVE NOODLES WITH THE BOLOGNESE! CHOOSE SPAGHETTI SQUASH NOODLES, FLOUR SPAGHETTI, OR BROWN RICE (GF)

Kale (FF/LS)

LIGHTLY SAUTÉED WITH GARLIC AND A SPLASH OF BALSAMIC VINEGAR

Pork Tenderloin (FF/LS)

MUSHROOM GRAVY

Carrot Salad (FF/LS)

YOU KNOW. THE ONE WITH RAISINS AND PINEAPPLE.

Herbed Potatoes & Brussels Sprouts (FF/LS)

Georgian Chicken (FF/LS)

SIMMERED WITH POMEGRANATES AND TAMARIND SAUCE

Mushroom Risotto or Polenta (FF/LS)

Tomato & Cucumber Salad with Walnuts (FF/LS)

Skillet Garlic Chicken or Shrimp with Spinach (FF/LS)

Roasted Zucchini & Tomatoes (FF/LS)

Lemon Potatoes (FF/LS)

Couch Potatoes

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Imam Biyildi (FF/LS)

Cauliflower & Brussels Sprouts Gratin (FF/RS)

Sweet Potato Kugel (FF/LS)

*SWEET POTATO CASSEROLE WITH ONIONS AND MATZAH. FODMAP
REPLACES MATZAH WITH GF CRUMB.*

Additional Side

Sautéed Zucchini & Peas (FF/LS)

FODMAP USES SNAP PEAS

Couch Potatoes Secret Menu

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

Note of FODMAP friendly modifications. Many recipes can be modified for FODMAP. At a minimum, onion and garlic will be replaced with asafetida-especially in those dishes using garlic or onion in the name. Dairy substitutes will be used, and gluten omitted. Please ask if you have any questions about the ingredients and we can work together to ensure the right items are used.