



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

Menu for the Week of October 7th

(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 for the grill or broiler-just ask

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

(RS) ~ Reduced sodium; less than 300 mg per serving

Honey-Mustard Pork Tenderloin (FF/LS)

GENTLY SAUCED MEDALLIONS

Rosemary Roasted Green Beans & Shallot (FF/LS)

White/Brown Rice (FF/LS)

Bratwurst (FF)

Roasted Cabbage (LS) | lemon

Sauerkraut

BRAISED WITH HAM AND JUNIPER BERRIES

German Potato Salad (FF/LS)

SERVED WARM, WITH A CREAMY, BACONY GRAVY

Couch Potatoes

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Paprika Cream Chicken (FF/LS)

LIGHTLY SAUCED WITH SPANISH PAPRIKA AND HERBS

Steam-Roasted Broccoli (FF/LS)

Balsamic Glazed Carrots (FF/LS)

Salmon (FF/LS)

*ROASTED, WITH BROWN-BUTTER TOMATO RELISH. FODMAP REPLACES
WITH MARGARINE.*

Wild Rice Pilaf (FF/LS)

Pureed Butternut Squash & Parsnips (FF/LS)

Enchiladas (FF/RS)

HOUSE LOW-FAT RED SAUCE; BEEF, CHICKEN, OR VEGGIE

Caesar Salad (FF/RS)

Additional Sides

Maple Dijon Carrots

Couch Potatoes Secret Menu

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