Revive & Thrive Project Sample Menu - Fall and Winter

**Tomato Cabbage Soup** – Subtly-spiced tomato soup with shredded cabbage and carrots.

**Kale Carrot Salad with Ginger Dressing** – Curly kale tossed with carrots, beets, avocado, chickpeas, radishes, pumpkin seeds, and dried cranberries, served with a side of house-made ginger dressing.

**Grilled Chicken Margherita Pasta with Salad** – Grilled chicken and penne pasta topped with house-made kale walnut pesto, mozzarella cheese, and tomatoes, served with a side of tossed Romaine lettuce salad.

**Turkey Apple Sage Meatloaf with Miso Gravy & Garlic Smashed Potatoes** – Locally-sourced turkey, apples and sage form a flavor-packed, gluten-free meatloaf. Topped with savory miso gravy and served on a bed of fluffy smashed new potatoes pureed with roasted garlic, with a side of sauteed peas and onions.

**Roasted Vegetable Quinoa Pilaf** – Local zucchini, summer squash, bell peppers, corn, and onions, oven-roasted with olive oil and balsamic vinegar, and mixed with quinoa and walnuts. Served with a side of grapes.

**Broccoli Cheese Frittata with Roasted Sweet Potatoes** – Crustless cheesy egg bake stuffed with broccoli, tomatoes, and bell peppers. Served with a side of spiced, roasted diced sweet potatoes.

**Yogurt Parfait with Apples & Cinnamon Nuts** – Vanilla-flavored Greek yogurt with cinnamon-spiced sauteed apples. Topped with maple and cinnamon-roasted hazelnuts, almonds, and walnuts.

**Chocolate Cake** – Fudgy, decadent chocolate cake sweetened with honey and maple syrup and baked with a secret ingredient – beets!
Revive & Thrive Project Sample Menu – Spring and Summer

**Moroccan Chickpea Soup** – Broth-based soup packed with kale, chickpeas, fire-roasted tomatoes, and carrots spiced with garlic, cumin, red pepper, cinnamon, and ginger for a flavorful kick.

**Balsamic Cucumber Salad** – Local cucumbers, tomatoes, and bell peppers topped with a house-made balsamic vinaigrette, black olives, and feta cheese.

**BBQ Chicken with Potatoes & Green Beans** – Oven-roasted chicken smothered with house-made tangy barbeque sauce. Served with rosemary and thyme-roasted potatoes and lemon-garlic green beans.

**Turkey Spinach Vegetable Lasagna** – Layers of pasta, ricotta cheese, and mozzarella cheese stuffed with spinach, zucchini, onions, and carrots. All served with a house-made savory tomato sauce.

**Sweet Potato Black Bean Quinoa Bowls** – Roasted sweet potatoes with black beans, corn, bell peppers, red onion, and avocado arranged on a bed of quinoa. Served with house-made green goddess dressing.

**Mediterranean Kale & Lentil Salad** – Black lentils mixed with curly kale, dried cherries, kalamata olives, slivered almonds, feta cheese, and fresh herbs. Dressed with a house-made red wine vinaigrette and served with a side of fresh mixed berries.

**Overnight Oats with Peaches and Mixed Nuts** – Old-fashioned oats soaked in milk and Greek yogurt overnight, then mixed with fresh peaches and maple syrup. Served with a side of walnuts and almonds.

**Chocolate Cardamom Oat Bites** – Bite-sized chewy oat cookies packed with chocolate, raisins, peanut butter, oats, and warm spices.