



Cuisine for Healing - Retail Menu

Week #3:

Special Instructions or request:

Item No.	Meal	Qty
1	Chicken Asparagus Bundles, Garden Salad and Wheat Pasta	
2	Beans and Greens Soup, Cilantro Quinoa and Fresh Fruit	
3	Baked Salmon, Green Beans and New Potatoes	
4	Chick Pea and Spinach Soup, Broccoli and Wheat Crackers	
5	Quinoa Primavera Pasta w/Chicken, Peas and Asparagus	
6	Tuscan Whole Wheat Pasta Salad and Raw Veggies	
Tuesday Pick Up Total		
7	Chipotle Shrimp Quiche and Sauteed Squash	
8	Asian Salad w/Chicken, Broccoli and Fresh Fruit	
9	Cioppino (Seafood in Red Sauce), Asparagus and Oat Bread	
10	Red Quinoa Salad, Raw Veggies and Wheat Crackers	
11	Chicken Shish-ka-bob, Coconut Rice and Sauteed Spinach	
12	Kasha Chili, Tortilla Chips and Green Beans	
13	Veggie Lasagna, Black Bean Salad and Cooked Fruit	
14	Lentil Soup w/Crackers, Broccoli and Cauliflower	
Friday Pick Up Total		
Total Week's Order		

We Appreciate Your Business - Live Healthy!

Cuisine for Healing - 817.231.2377