



Revive & Thrive Project Sample Menu #1 - Fall and Winter

Soup - Chicken Lentil Soup

Subtly-spiced tomato soup with shredded chicken and green lentils.

Salad - Nicoise Salad

Romaine lettuce and fresh basil topped with tuna, cherry tomatoes, hard-boiled eggs, capers, boiled red-skinned potatoes, black olives, and garlic-sauteed green beans. Served with house-made Dijon thyme dressing.

Entrée 1 - Farro with Vegetables & Herb Yogurt Dressing

Caramelized carrots and roasted broccolini served on a bed of farro topped with a dressing made with cilantro, lemon, garlic, and yogurt.

Entrée 2 - Turkey Curry Puffs with Roasted Brussels Sprouts

Local turkey and vegetables seasoned with curry and stuffed in house-made puff pastry. Served with roasted Brussels sprouts.

Entrée 3 - Lemon Chicken with Couscous

Lemon-roasted chicken with sauteed black olives and artichoke hearts, served over sauteed zucchini, green onions, and couscous.

Entrée 4 - Tamarind Tofu with Vegetables

Seared tofu marinated in tamarind, soy, ginger, and orange juice, served with fresh bell peppers, carrots, and cucumbers over soba noodles. Garnished with peanuts and sesame seeds.

Dessert - Pumpkin Bread

Honey-sweetened pumpkin walnut quick bread with maple cream cheese frosting.



Revive & Thrive Project Sample Menu #2 - Spring and Summer

Soup - Vegetable Soup

Broth-based soup packed with kale, chickpeas, tomatoes, zucchini, yellow squash, bell peppers, sweet potatoes, and carrots.

Salad - Laos Salad

Local mixed greens and arugula topped with tomatoes, cucumbers, roasted peanuts, and tea-soaked hard-boiled eggs. Served with house-made lime ginger dressing.

Entrée 1 - BBQ Chicken

Oven-roasted chicken smothered with house-made tangy barbeque sauce. Served with rosemary and thyme-roasted potatoes.

Entrée 2 - Chinese Walnut Chicken

Honey-sesame glazed chicken with fresh bell peppers, peas, carrots, scallions, and toasted walnuts. Served over brown rice.

Entrée 3 - 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.

Entrée 4 - Vegetable Ragout with Zucchini Cakes

Pan-fried zucchini, garlic, and parmesan cakes served with Italian-seasoned, sauteed carrots, butternut squash, red onions, cabbage, turnips, and tomatoes.

Dessert - Blueberry Hazelnut Crumb Bars

Fresh, local blueberries slow-cooked with lemon zest and maple syrup baked in a gluten-free, hazelnut and flaxseed crust.