



## Cheryl's Favorites

Week 4/14/19

**Chick n' Caesar Wrap with Arugula and Macaroni Side Salad** (macaroni, dairy-free mayo, minced carrots, bell peppers, salt and pepper)

**Quinoa, Asparagus, Chickpea Salad**  
(lemon vinaigrette dressing, green onions and almonds cheese)

**Vegetable Lo Mien**  
(bean sprouts, carrots, celery, sweet peas, bell peppers, scallions and onions)

**Chickpea Shells n' Dairy-Free Cheese Sauce w/ Mixed Vegetables**  
(carrots, zucchini and yellow squash)

**Green Split Pea Soup**  
(shitake bacon, potatoes, carrots and Jasmine brown rice)

**100% Plant Based - 100% Nutritious - 100% Delicious**