***Gourmet Meals Delivered by Cooking with Sharon LLC***

***Meals you just have to Reheat & Eat!***

**Remember to place orders on Friday before noon!**

**Containers are $1.00 each and $14.00 delivery per household.**

**Order on line now at** [**www.mealswithsharon.com**](http://www.mealswithsharon.com)

**June 29th**

Goat cheese, Honey & Sunflower Seeds Birthday Snack Kit (V) $7.50

Bagels\*, Cream Cheese & Smoked Salmon (can be GF) $6.50

Cincinnati Chili 5-way (ground turkey, can be GF) $7.50 for entrée

Chicken Mole with Black Beans & Tortilla (GF, DF) $7.50 for entrée

Quisotto, Healthy Quinoa Risotto with seasonal veggies (GF)$8.00 for entrée

**July 6th**

**KITCHEN CLOSED! Exploring California & Oregon wines**

**July 13th**

Spiced Bran Muffins (can be GF, V) $6.00 for 2

Caprese Zoodles (GF, V) $7.00 for entrée

Spiced Turkey Pitas\* w/Cucumber & mint (can be GF) $7.50 for entrée

Indian Cauliflower Fried Rice w/chicken (GF, DF) $7.50 for entrée

Cajun Tilapia Tacos and all the fixings (GF) $8.00 for entrée

**July 20th**

Herbed Vegetable & Goat Cheese Frittata (GF, V) $7.00 for ¼ pie

Southwest Quinoa Salad, Delicious! (GF, V) $6.50 for 16 oz.

Caprese Turkey Sliders\* & peasant salad (can be GF) $7.50 for entrée

Honey Pecan BBQ Chicken Sandwiches (can be GF, DF) $7.50 for entrée

Chili Lime Pasta Salad with Shrimp (can be GF) $8.00 for lg salad

**July 27th**

Coconut Chia Pudding w/Toasted Almonds (GF, V) $6.00 for 8+ oz.

Tuna Salad with Lemon Aioli, greens & crackers (GF, DF) $7.00 for salad

Mediterranean mini turkey meat loaves (GF) $7.50 for entrée

Citrus Chicken & Quinoa Salad with greens (GF, DF) $7.50 for entrée

Steak Bomb/Beef Cheesesteak Salad w/rice & beans (GF) $8.50 for entrée

95% of the GF menu items are *Naturally* Gluten Free with no extra charge.

**\*prices are subject to change due to market price & season**

**Prices listed above are effective June 19th, 2020**

**V=vegetarian GF= Gluten free DF=Dairy Free**

All items are mostly made from scratch and individually portioned out,

including seasonal veggies and starch! ORGANIC & Gluten Free

bread/rolls\* Option for $2 extra per entrée!