



PREGNANCY HEALTH SAMPLE MENU

BREAKFASTS

House-made Muffin

Cranberry, Corn, or Blueberry

Cereal or Oatmeal

Baked Oatmeal with Strawberries

Spinach and Feta Quiche

ENTREES

Firehouse Chili and Cornbread

With zesty spices and fresh carrot, corn, and bell peppers, plus house-made cornbread

Roasted Tofu & Peppers with Rice and Asparagus

Vegan and pan-seared with herb seasoning

Mushroom Farro Risotto with Green Beans

Hearty grains with mushrooms

Maple Squash Hash

Sweet and savory roasted veggies with flavorful herbs

Chicken Florentine Meatballs with Polenta and Peas & Carrots

With spinach, asiago, and diced onion over traditional Italian cornmeal

PROTEIN SALADS

Tabbouleh

Mediterranean grain salad with fresh herbs and veggies

Hummus

A savory Middle Eastern spread of beans, lemon, and spices

Ginger Sesame Slaw

Shredded carrot, red bell pepper, and cabbage with a tangy ginger dressing

SOUPS

Our delectable and client-favorite soups can be stand-alone lunches, dinners, or snacks.

Garbanzo Bean and Swiss Chard

Lentil Vegetable

Corn Chowder

Chicken Noodle

Beef & Rice

HOUSE-BAKED GOODS

Our in-house baking program is seasonal, creative, and catered to the sweet tooth.

Chocolate Zucchini Cake

Blueberry Granola Cake

Chocolate Chip Cookie

Spice Cake

Whole-wheat Roll