

**BOUNTY-FULL MEALS - PLEASE ORDER BY FRI FOR THE FOLLOWING WEDNESDAY**

Name	
Email	
Phone	

**MENU**

NOV '11

(Menu descriptions on Attached Page)

			Enter Quantity	Large (2lbs) Serves 3-4	Enter Quantity	Small (1lb) Serves 1-2
Wed - 2nd	Entrée	Chicken Enchilada w/ Tomatillo Sauce	<input type="text"/>	\$ 22.00	<input type="text"/>	\$ 13.00
	Soup - Veg	Black Bean Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin
Wed - 9th	Entrée	Tri Tip Stroganoff with Mushrooms	<input type="text"/>	\$ 22.00	<input type="text"/>	\$ 13.00
	Soup	Curried Red Lentil Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin
Wed - 16th	Entrée	Chicken Monterey Over Quinoa	<input type="text"/>	\$ 22.00	<input type="text"/>	\$ 13.00
	Soup	Fresh Tomato Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin

Wed - 23rd

**SEE THANKSGIVING FEAST MENU**

Wed - 30th	Entrée	Orzo w/ Roasted Butternut & Beef	<input type="text"/>	\$ 20.00	<input type="text"/>	\$ 13.00
	Soup	Cream of Chicken and Mushroom Soup	<input type="text"/>	\$ 12.00	<input type="text"/>	\$ 6.00
	Dessert	Cookie Buddies (2 Jumbo Cookies for \$3.50)	<input type="text"/>	Choc Chip	<input type="text"/>	Oat & Raisin

**TOTALS \$**



Payment Options:

VISA - MC - AMEX - OR CHECK

Number

Expires

CVVCode

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\*\*Please let us know if you have any special dietary needs or concerns:

Send Completed Form with Check or Credit Card Info to Nature's Bounty Café

211 G Street

Antioch, CA 94509

By Fax: (925) 777-0629

Or by email: [Naturesbounty@msn.com](mailto:Naturesbounty@msn.com)

Any questions? Call the Café: 925 777-0600 (M-F) or send an email to Lynn

**THANK YOU FOR YOUR ORDER!!**

## November Entrees

### **11/02 Layered Chicken Enchilada with Tomatillo-Cilantro Sauce**

Organic corn tortillas and roasted chicken are smothered with our fresh tomatillo-cilantro sauce and a blend of Mozzarella and Jack Cheese. Sour Cream is served on the side.

### **11/09 Tri Tip Stroganoff with Wild Mushrooms**

Free Range Tri Tip Beef slowly simmered with fresh herbs, beef stock, Crimini and Porcini Mushrooms and cream. Organic Fettuccini noodles are served on the side.

### **11/16 Chicken Monterey Over Quinoa**

Organic Pearl Quinoa is topped with Fresh Steamed Chard with layers of Sliced Free Range Mary's Chicken and topped with our special Monterey Sauce which is a Chicken Stock Reduction Sauce that includes just a touch of Pepper Jack Cheese. Low Fat, High Fiber, Great Protein and Delicious! GF

### **11/23 Thanksgiving Feast Dinner – See Attached Flyer**

### **11/30 Orzo with Roasted Butternut Squash and Beef**

Roasted butternut squash and caramelized onions are tossed with orzo, seasoned ground beef, finely diced sweet red peppers, zucchini and pine nuts. Topped with a light crumble of feta cheese, and fresh bread crumbs for a crisp topping.

## November Soups

### **11/02 Black Bean Soup**

Ingredients: Organic: Fresh Vegetable Stock, Black Beans, Onions, Carrot, Celery, Garlic, Cumin, Red Chili Flakes, Sea Salt and Pepper. Served with a side of Sour Cream. GF, Veg, LF (DF – without sour cream)

### **11/09 Curried Red Lentil Soup**

Ingredients: Organic: Fresh Chicken Stock, Red lentils, Sweet Potato, Yukon Gold Potato, Onion, Carrot, Celery, Garlic Curry Blend, Fresh Ginger and Lemon. GF, LF, DF

### **11/16 Fresh Tomato Soup**

Ingredients: Chicken Stock, Roma Tomatoes, Tomato Paste, Celery, Onion, Carrots, Galic, Fresh Basil, Greek Plain Yogurt  
GF, LF

### **11/23 Thanksgiving Feast Week – No Soup**

### **11/30 Cream of Chicken and Mushroom Soup**

Ingredients: Fresh Chicken Stock, Organic: Assorted Mushrooms, Onion, Basmati Rice, 2% Milk, Half and Half, Garlic, Sea Salt and Pepper

\* DF = Dairy Free, GF = Gluten Free, LF = Low Fat, Veg = Vegetarian, Vegan = No Animal Products