



LITTLE GREEN GOURMETS

growing smart eaters

LITTLE GREEN GOURMETS is a fresh kids' meal service. Our colorful, healthy, delicious meals are **made from scratch** using fresh **local, sustainable** and **organic** ingredients with small children in mind. LITTLE GREEN GOURMETS is dedicated to growing smart eaters!

ISABEL GUNTHER, owner and chef is mom to six-year-old Kai, who dutifully taste tests the food for kid friendliness. She can be reached with questions at hello@littlegreengourmets.com.



HOT MEALS are delivered Monday through Friday, you can opt in for meals 2-5 days/week. We offer both **Regular** and **Vegetarian** menus, with the option of **Fish** every other Wednesday. Our menus are made monthly and reflect seasonal availability. Our kitchen does not use peanuts, tree nuts, sesame or shellfish.



SIGN UP is easy. We created an online signup form where you can choose the meal options that best suit your preferences. The form can be emailed to you by hello@littlegreengourmets.com or by your school.

www.littlegreengourmets.com

Non-Vegetarian Sample Menu

LITTLE GREEN GOURMETS SCHOOL LUNCH MENU
LUNCH MENU JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CHICKPEA BOLOGNESE (sauce on the side) PEAS W/ CARAMELIZED ONION</p> <p>BANANA BREAD</p>	<p>4</p> <p>HOLIDAY</p>	<p>5</p> <p>TURKEY BURGER BITES W/ TOMATO GLAZE WHIPPED SWEET POTATOES BROCCOLI</p> <p>SALMON BURGER BITES W/ TOMATO GLAZE WHIPPED SWEET POTATOES BROCCOLI BERRY YOGURT CREAM CUP</p>	<p>6</p> <p>CHICKEN CUTLET STRIPS ORZO WAX + GREEN BEANS</p> <p>CHEDDAR CUBES</p>	<p>7</p> <p>BEEF TACOS MINI FLOUR TORTILLAS YELLOW RICE BELL PEPPER CONFETTI ROASTED CAULIFLOWER W/ LEMON & CAPERS MANGO LASSI</p>
<p>10</p> <p>CHICKEN STRIPS CREAMY CURRY DIP STEAMED RICE PEAS & CARROTS W/ ONION & BLACK CUMIN</p> <p>DATE BREAD</p>	<p>11</p> <p>KALE & RAMP PESTO PASTA RAINBOW CARROTS TOMATOES PROVENCAL</p> <p>OATMEAL RAISIN BAR</p>	<p>12</p> <p>FRESH RICOTTA MEATBALLS IN MARINARA ORZO BROCCOLI</p> <p>MOZARELLA PEARL SALAD</p>	<p>13</p> <p>CHEESY CHICKEN POCKETS LOCAL NON-GMO CORN KIDDIE SALSA GREEN BEANS</p> <p>NUT FREE BLONDIE</p>	<p>14</p> <p>TURKEY TERIYAKI MEATBALLS w/ pineapple glaze SEASONED BROWN RICE MIXED ASIAN VEGGIES</p> <p>GREEK YOGURT W/ HONEY & BLUEBERRIES</p>
<p>17</p> <p>BEEF BURGER BITES TURMERIC CAULIFLOWER CHEESY RICE W/ PEAS MINI BREAD SQUARES</p> <p>BERRY YOGURT CREAM CUP</p>	<p>18</p> <p>TURKEY RAGU w/ carrots, celery & onion STEAMED BROCCOLI POACHES PINEAPPLE</p> <p>FRESH BLUEBERRY BREAD</p>	<p>19</p> <p>CHICKEN TACOS MINI FLOUR TORTILLAS YELLOW RICE BELL PEPPER CONFETTI</p> <p>STRAWBERRY SMOOTHIE</p>	<p>20</p> <p>CARROT MAC & CHEESE SWEET PEAS WARM WHITE BEANS W/ SPRING VEGGIES</p> <p>DATE BREAD</p>	<p>21</p> <p>CRUNCHY GARLIC CHICKEN STRIPS POTATO SALAD W/ FRESH HERB AIOLI RAINBOW CARROTS</p> <p>CHEDDAR CUBES</p>
<p>24</p> <p>TURKEY QUESADILLAS GREEN BEANS W/ SCALLION SAUCE LOCAL NON-GMO CORN</p> <p>FRESH PEACH BREAD</p>	<p>25</p> <p>MEDITERRANEAN CHICKEN & RICE w/ turmeric, lemon, fresh oregano & garlic SWEET PEAS CHICKPEAS & CARROTS IN TOMATO CUMIN SAUCE</p> <p>STRAWBERRY BANANA SMOOTHIE</p>	<p>26</p> <p>PENNE W/ HOMEMADE TOMATO BASIL SAUCE SIDE OF PARMESAN RAINBOW CARROTS & PEAS FISH STICKS W/ LEMON BREADCRUMBS KIDDIE TARTAR ORZO RAINBOW CARROTS & PEAS CHICKPEA HUMMUS & CUCUMBER SLICES</p>	<p>27</p> <p>VEGGIE PACKED MEATLOAF BITES (beef) QUINOA & COUSCOUS PILAF BROCCOLI</p> <p>BERRY YOGURT CREAM CUP</p>	<p>28</p> <p>CHICKEN, FRESH HERB & ASPARAGUS PASTA POACHED PINEAPPLE ROASTED TOMATOES W/ THYME</p> <p>CHIA SEED FRUIT COMPOTE YOGURT CUP</p>
<p>31</p> <p>SPAGHETTI CHICKEN RICOTTA MEATBALLS in marinara STEAMED BROCCOLI</p> <p>BANANA BREAD</p>		<p>LIST OF ORGANIC PRODUCE: CARROTS (INCLUDING RAINBOW), GARLIC, CELERY (USED FOR SEASONING), POTATOES, KALE, RED BELL PEPPERS, BEANS, ALL SPICES</p>	<p>HUDSON VALLEY FRESH MILK and/or CREAM</p> <p>SEA TO TABLE OR ILIAMNA WILD ALASKAN SALMON SUSTAINABLY CAUGHT FISH</p>	<p>CASCUN FARM local, antibiotic & hormone free meat & poultry</p> <p>VEGETARIAN MEAL</p> <p>VERMONT CABOT FAMILY FARMS COLLECTIVE</p>

Vegetarian Sample Menu

LITTLE GREEN GOURMETS SCHOOL LUNCH MENU
VEGETARIAN LUNCH MENU JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CHICKPEA BOLOGNESE (sauce on the side) PEAS W/ CARAMELIZED ONION</p>	<p>4</p> <p>HOLIDAY</p>	<p>5</p> <p>VEGGIE BURGERS W/ TOMATO GLAZE WHIPPED SWEET POTATOES BROCCOLI</p> <p>SALMON BURGER BITES W/ TOMATO GLAZE WHIPPED SWEET POTATOES BROCCOLI</p>	<p>6</p> <p>WARM BEAN SALAD W/ ROASTED VEGGIES, OLIVE OIL & FRESH HERBS ORZO WAX + GREEN BEANS</p>	<p>7</p> <p>BEAN TACOS MINI FLOUR TORTILLAS YELLOW RICE BELL PEPPER CONFETTI ROASTED CAULIFLOWER W/ LIME & SCALLION</p>
<p>10</p> <p>TOFU CUTLET STRIPS CREAMY CURRY DIP STEAMED RICE PEAS & CARROTS W/ ONION & BLACK CUMIN</p>	<p>11</p> <p>KALE & RAMP PESTO PASTA RAINBOW CARROTS TOMATOES PROVENCAL</p>	<p>12</p> <p>FRESH SPINACH RICOTTA BALLS IN MARINARA ORZO BROCCOLI</p>	<p>13</p> <p>CHEESY VEGGIE POCKETS LOCAL NON-GMO CORN KIDDIE SALSA GREEN BEANS</p>	<p>14</p> <p>MUSHROOM TERIYAKI BALLS w/ pineapple glaze SEASONED BROWN RICE MIXED ASIAN VEGGIES</p>
<p>17</p> <p>VEGGIE BURGER BITES TURMERIC CAULIFLOWER CHEESY RICE W/ PEAS MINI BREAD SQUARES</p>	<p>18</p> <p>SEITAN RAGU w/ carrots, celery & onion STEAMED BROCCOLI POACHES PINEAPPLE</p>	<p>19</p> <p>BEAN TACOS MINI FLOUR TORTILLAS YELLOW RICE BELL PEPPER CONFETTI</p>	<p>20</p> <p>CARROT MAC & CHEESE SWEET PEAS WARM WHITE BEANS W/ SPRING VEGGIES</p>	<p>21</p> <p>CRUNCHY GARLIC TOFU STRIPS POTATO SALAD W/ FRESH HERB AIOLI RAINBOW CARROTS</p>
<p>24</p> <p>CHEDDAR QUESADILLAS GREEN BEANS W/ SCALLION SAUCE LOCAL NON-GMO CORN</p>	<p>25</p> <p>MEDITERRANEAN SEITAN & RICE w/ turmeric, lemon, fresh oregano & garlic SWEET PEAS CHICKPEAS & CARROTS IN TOMATO CUMIN SAUCE</p>	<p>26</p> <p>PENNE W/ HOMEMADE TOMATO BASIL SAUCE SIDE OF PARMESAN RAINBOW CARROTS & PEAS FISH STICKS W/ LEMON BREADCRUMBS KIDDIE TARTAR ORZO RAINBOW CARROTS & PEAS</p>	<p>27</p> <p>SCRAMBLED EGG ROASTED SUMMER VEGGIES QUINOA & COUSCOUS PILAF BROCCOLI</p>	<p>28</p> <p>WHITE BEAN, FRESH HERB & ASPARAGUS PASTA POACHED PINEAPPLE ROASTED TOMATOES W/ THYME</p> <p>CONTAINES DAIRY</p>
<p>31</p> <p>SPAGHETTI SPINACH RICOTTA BALLS in marinara STEAMED BROCCOLI</p>		<p>LIST OF ORGANIC PRODUCE: CARROTS (INCLUDING RAINBOW), GARLIC, CELERY (USED FOR SEASONING), POTATOES, KALE, RED BELL PEPPERS, BEANS, ALL SPICES</p>	<p>HUDSON VALLEY FRESH MILK and/or CREAM</p> <p>SEA TO TABLE OR ILIAMNA WILD ALASKAN SALMON SUSTAINABLY CAUGHT FISH</p>	<p>ORGANIC EGGS</p> <p>ORGANIC TOFU OR SEITAN</p> <p>VERMONT CABOT FAMILY FARMS COLLECTIVE</p>

– PRICING PER MONTH –

- 5 days/week for 1 month

3-compartment hot lunches:	\$165.45 + tax = \$180.13
+Fish option (every other Weds):	\$5 + tax = \$5.44
+Fresh fruit:	\$20.30 + tax = \$22.10
+Healthy Snack:	\$25.38 + tax = \$27.63
+Special or allergy meals:	\$11.05 + tax = \$12.03

- 4 days/week for 1 month

3-compartment hot lunches:	\$132.36 + tax = \$144.10
+Fish option (every other Weds):	\$5 + tax = \$5.44
+Fresh fruit:	\$16.24 + tax = \$17.68
+Healthy Snack:	\$20.30 + tax = \$22.10
+Special or allergy meals:	\$8.12 + tax = \$8.84

- 3 days/week for 1 month

3-compartment hot lunches:	\$99.27 + tax = \$108.08
+Fish option (every other Weds):	\$5 + tax = \$5.44
+Fresh fruit:	\$12.18 + tax = \$13.26
+Healthy Snack:	\$15.22 + tax = \$16.57
+Special or allergy meals:	\$6.09 + tax = \$6.63

- 2 days/week for 1 month

3-compartment hot lunches:	\$66.18 + tax = \$72.05
+Fish option (every other Weds):	\$5 + tax = \$5.44
+Fresh fruit:	\$8.12 + tax = \$8.84
+Healthy Snack:	\$10.15 + tax = \$11.05
+Special or allergy meals:	\$4.06 + tax = \$4.42



– POLICIES –

- We do not issue refunds for any school closures as they have already been factored into our pricing.
- Refunds issued for a child's absence if given 2 weeks (14 days) notice. You will only receive a refund if your child is away while the school is open.



- 2 weeks (14 days) notice is required to cancel a meal plan.
- 3 days (72 hours) notice is needed for start of our service or the drop-in service. In the case of weekends, if you would like your child to receive lunch on Monday, they must be registered by the previous Friday before the end of the business day (4 pm).
- Payment is due upon registration for a meal plan. You must either sign up for monthly recurring billing and complete your first payment, contact us to ask for monthly invoices, or notify us that you will be sending a check.



Thank you, and we look forward to cooking for your little ones!

