



Revive & Thrive Project

Nourishing the community, one meal at a time.

Revive & Thrive Project Sample Menu - Fall and Winter

Tomato Cabbage Soup - *Subtly-spiced tomato soup with shredded cabbage and carrots.*

Kale Carrot Salad with Ginger Dressing - *Curly kale tossed with carrots, beets, avocado, chickpeas, radishes, pumpkin seeds, and dried cranberries, served with a side of house-made ginger dressing.*

Grilled Chicken Margherita Pasta with Salad - *Grilled chicken and penne pasta topped with house-made kale walnut pesto, mozzarella cheese, and tomatoes, served with a side of tossed Romaine lettuce salad.*

Turkey Apple Sage Meatloaf with Miso Gravy & Garlic Smashed Potatoes - *Locally-sourced turkey, apples and sage form a flavor-packed, gluten-free meatloaf. Topped with savory miso gravy and served on a bed of fluffy smashed new potatoes pureed with roasted garlic, with a side of sauteed peas and onions.*

Roasted Vegetable Quinoa Pilaf - *Local zucchini, summer squash, bell peppers, corn, and onions, oven-roasted with olive oil and balsamic vinegar, and mixed with quinoa and walnuts. Served with a side of grapes.*

Broccoli Cheese Frittata with Roasted Sweet Potatoes - *Crustless cheesy egg bake stuffed with broccoli, tomatoes, and bell peppers. Served with a side of spiced, roasted diced sweet potatoes.*

Yogurt Parfait with Apples & Cinnamon Nuts - *Vanilla-flavored Greek yogurt with cinnamon-spiced sauteed apples. Topped with maple and cinnamon-roasted hazelnuts, almonds, and walnuts.*

Chocolate Cake - *Fudgy, decadent chocolate cake sweetened with honey and maple syrup and baked with a secret ingredient - beets!*



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Revive & Thrive Project Sample Menu - Spring and Summer

Moroccan Chickpea Soup – *Broth-based soup packed with kale, chickpeas, fire-roasted tomatoes, and carrots spiced with garlic, cumin, red pepper, cinnamon, and ginger for a flavorful kick.*

Balsamic Cucumber Salad – *Local cucumbers, tomatoes, and bell peppers topped with a house-made balsamic vinaigrette, black olives, and feta cheese.*

BBQ Chicken with Potatoes & Green Beans – *Oven-roasted chicken smothered with house-made tangy barbeque sauce. Served with rosemary and thyme-roasted potatoes and lemon-garlic green beans.*

Turkey Spinach Vegetable Lasagna – *Layers of pasta, ricotta cheese, and mozzarella cheese stuffed with spinach, zucchini, onions, and carrots. All served with a house-made savory tomato sauce.*

Sweet Potato Black Bean Quinoa Bowls – *Roasted sweet potatoes with black beans, corn, bell peppers, red onion, and avocado arranged on a bed of quinoa. Served with house-made green goddess dressing.*

Mediterranean Kale & Lentil Salad – *Black lentils mixed with curly kale, dried cherries, kalamata olives, slivered almonds, feta cheese, and fresh herbs. Dressed with a house-made red wine vinaigrette and served with a side of fresh mixed berries.*

Overnight Oats with Peaches and Mixed Nuts – *Old-fashioned oats soaked in milk and Greek yogurt overnight, then mixed with fresh peaches and maple syrup. Served with a side of walnuts and almonds.*

Chocolate Cardamom Oat Bites – *Bite-sized chewy oat cookies packed with chocolate, raisins, peanut butter, oats, and warm spices.*