**Culinary MaryK**

**Seasonal Risotto**- Arborio Rice, summer squash, zucchini, sweet corn kernels. cherry tomato, fresh basil. Served with grilled chicken or shrimp.

**Grilled Peach and Farro Power Salad -** A hearty, nourishing summer salad featuring grilled peaches, nutty farro, and protein-packed chickpeas. Balanced with fresh greens, crunchy almonds, and a tangy basil-lime vinaigrette.

**Pasta Primavera** - with Roast Veggies and Parmesan Cream. Served with grilled chicken.

**Lemon Chicken Linguine** – Baby Spinach, Garlic, Crushed Peppercorns, Fresh Grated Aged Parmesan.

**Maple Dijon Glazed Chicken** – served with wild rice pilaf & roast seasonal vegetables.

**White Chicken Chili** – Hearty white beans, sweet corn and tender organic shredded chicken breast simmered in a blend of warm, savory spices. Served with fresh cilantro and creamy avocado for a bright, flavorful finish.