

butterbeans

all natural meals seasoned with love
www.ButterBeansKitchen.com

May

What's for lunch?



2011

Did you know? Asparagus was first found in Greece, and is a Greek word for "stalk" or "shoot."

Why they're great:

Long valued for being delicious, asparagus is also prized for its ability to cleanse and nourish the body. Asparagus has tons of vitamin K which is good for our bones, vitamin B's that help regulate blood sugar, and is a great source of vitamin C and beta carotene - helping to keep our skin clear, and to clean our blood.

Eat them:

Raw, baked and sautéed. At Butter Beans this month, we are serving asparagus raw in our pasta salad - look out for them! Asparagus is fantastic sautéed in a pan with thinly sliced mushrooms, garlic and olive oil, salt and pepper, and equally shine when coated with olive oil, topped with salt and baked at 400 for 12-20 minutes depending on how crunchy or cooked you like them.

How to pick good stalks?

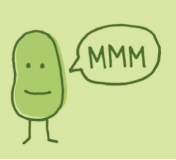
Look for straight and firm stalks. Nice dark green or even purple tinges of color on the tips are signs of good ones. Wrap the base ends of the stalks in a wet paper towel to keep them a couple extra days in your refrigerator.

Asparagus sprouts:

Year after year - it is a perennial. It is one of the first signs of spring, being one of the first vegetables to sprout in the season.

Visit us and learn more at:

www.ButterBeansKitchen.wordpress.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	
	Baked chicken with ketchup + Indian rice + Steamed green beans Sandwich: Sunflower butter and jelly	Pasta with marinara sauce and meatballs on the side + Mashed potatoes + Roasted carrots Sandwich: Salami + cheese Veg: Rice noodles	Mooshoo pork (or vegetarian) with crepes + Steamed broccoli + Brown rice Sandwich: Chicken salad wrap	Turkey tacos + Refried pinto beans + Steamed corn Sandwich: Sunflower butter and jelly Veg: Bean and cheese burritos	Spring turkey lunch + Mashed potatoes + Steamed green beans Sandwich: Bagel with cream cheese Veg: Curried rice with legume	
	9	10	11	12	13	
	BBQ chicken sandwich on a roll + Baked potato fries + Creamed spinach Sandwich: Ham and cheese Veg: Black bean + corn patties	Bowtie pasta with tomato + bacon sauce on the side + Steamed peas + baked carrots Sandwich: Sunflower butter and jelly GF: Rice noodles	Beef hot dogs + Cauliflower gratin + Baked beans Sandwich: Bagel with cream cheese Veg: Portobello burgers	Tortellini alfredo with peas + ham on the side + Steamed broccoli + Baked carrots Sandwich: Chicken salad Veg: Rice noodles	Swedish meatballs with egg noodles + Steamed peas + Asparagus and corn medley Sandwich: Sunflower butter and jelly Veg: Vegetable stir fry with tofu	
	16	17	18	19	20	
	Honey mustard chicken + Steamed peas + Mashed potatoes with spring herbs Sandwich: Sunflower butter and jelly Veg: Baked tofu	Sausage and potato frittata + Apple & raisin compote + Sautéed zucchini Sandwich: Bagel with cream cheese Veg: Breakfast cheese frittata	Baked potato bar + Steamed broccoli + Baked beans Sandwich: Turkey and cheese Veg: Vegetable stir fry	Ranch seasoned turkey burgers + Sautéed Swiss chard + Steamed corn Sandwich: Ham + cheese Veg: Portobello burgers	Pasta with beef Bolognese sauce on the side + Steamed green beans + Baked carrots Sandwich: Salami + cheese GF: Rice noodles	
	23	24	25	26	27	
	Chicken parmesan with marinara on the side + Steamed green beans + Sweet potato fries Sandwich: Ham and cheese Veg: Tofu parmesan	Hot ham + cheese wraps + Baked carrots + Sautéed zucchini Sandwich: Sunflower butter and jelly Veg: Cheese wraps	Chicken chow fun + Steamed broccoli + Baked sweet potatoes Sandwich: Bagel with cream cheese Veg: Vegetable chow fun	BBQ turkey burgers + Steamed peas + baked potato fries Sandwich: Chicken salad wrap Veg: Portobello burgers	No school!	
	30	31				
	No school!	Chicken souvlaki + Steamed green beans + Roasted potatoes Sandwich: Sunflower butter and jelly Veg: Tofu souvlaki		Fresh seasonal fruit and vegetable crudités with hummus is served with lunch daily	Veg = Vegetarian GF = Gluten free *Please let us know if your child has special dietary needs. In most cases, we can accommodate them.	