



**Something  
for Everyone!**

### GLUTEN-FREE OPTIONS

Avocado & Cherry Tomatoes  
Curried Cauliflower  
Roasted Broccoli  
Honey Roasted Carrots  
Salmon Nicoise  
Southwest Vegetable Chili

Citrus Poached Salmon & Squash  
Curry Chicken Apple Salad  
Fresh Citrus Poached Salmon Fillet  
Seared Pepper Crusted Ahi Tuna  
Grilled Chicken Breast  
Gluten-free, Vegan S'mores Brownie

### VEGAN OPTIONS

Snap Peas & Edamame  
Avocado & Cherry Tomatoes  
Curried Cauliflower  
Red Quinoa & Fuji Apples  
Seasonal Vegetables  
Southwest Vegetable Chili  
Gluten-free, Vegan S'mores Brownie

### NUT FREE

Israeli Couscous  
Kale & Farro  
Orecchiette Pasta & Cherry Tomatoes  
Roasted Broccoli  
Pineapple Chicken & Green Beans  
New Mexican Chili Roasted  
Butternut Squash  
Citrus Poached Salmon

For more information: [LEMONADELA.COM](http://LEMONADELA.COM)