



HEALTHY PARENTS, HEALTHY BABY MENU

Vegetarian or Vegan

- Parsley Salad with Almonds & Honey Lemon Vinaigrette
- Strawberry, Avocado, Kale Salad with Quinoa, Pumpkin Seeds & Honey Sesame Dressing
- Roasted Asparagus & Pea Soup (Low-Dairy)
- Chana Masala with Sweet Potatoes & Peppers
- Mango Ginger Smoothie
- Spring Vegetable Egg Bake (Low-Dairy) Roasted Broccoli Soup
- Banana Chocolate Chip Ice Cream (Vegan)

Light Meat

- Parsley Salad with Almonds & Honey Lemon Vinaigrette
- Strawberry, Avocado, Kale Salad with Quinoa, Pumpkin Seeds & Honey Sesame Dressing
- Roasted Asparagus & Pea Soup (Low-Dairy)
- Sheet Tray Salmon with Roasted Summer Vegetables & Farro Mango Ginger Smoothie
- Spring Vegetable Egg Bake (Low-Dairy)
- Roasted Broccoli Soup
- Banana Chocolate Chip Ice Cream (Vegan)