

COLD DINNERS August 1-31, 2026

Teriyaki Flank Steak – flank steak, wheat free tamari (*water, soybeans, salt, sugar*), canola oil, brown sugar, orange juice, sambal oelek chili sauce (*red chili peppers, salt, sugar, acetic acid, potassium sorbate (preservative), xanthan gum, ascorbic acid*), ginger.

Sticky rice: white rice, shiitake mushrooms, edamame, wheat-free tamari (*water, soybeans, salt, sugar*), scallions, cilantro, salt, pepper, sesame oil, olive oil (*refined olive pomace oil, extra virgin olive oil*).

baby bok choy stir fry: baby bok choy, spinach, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Allergens: *soy, garlic/onion, sesame, alcohol*

Baked Chicken & Sage Meatballs – ground chicken thigh, parmesan, sage, parsley, red pepper flakes, granulated garlic, garlic cloves, shallots, butter, capicola sourdough (*levain (organic unbleached wheat flour, water), water, organic unbleached wheat flour, organic whole wheat flour, organic rye flour, sea salt*), kosher salt. **Chive & Parmesan Orzo:** orzo, sage, shallots, white wine, fresh thyme, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), heavy cream, spinach, parmesan, chive, butter, lemon zest, lemon juice, kosher salt, pepper. **fresh asparagus:** asparagus, butter, salt, pepper.

Allergens: *dairy, garlic/onion, wheat, alcohol*

Mediterranean Salmon – salmon, salt, pepper, parsley.

Mediterranean salsa: cherry tomatoes, kalamata olives, capers (*capers, water, distilled vinegar, salt*), pepperoncini (*peppers, water, distilled vinegar, salt, citric acid, benzoate, sodium bisulfite*), extra virgin olive oil, balsamic vinegar, garlic, red onion, oregano, salt, pepper. **lemon roasted potatoes:** baby yukons, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, garlic, fresh thyme, lemon zest, parsley, salt, black pepper. **basil green beans:** green beans, butter, basil, salt, pepper.

Allergens: *garlic/onion, dairy*

HOT & COLD DINNERS August 3-9, 2026

Baked Chicken & Sage Meatballs – ground chicken thigh, parmesan, sage, parsley, red pepper flakes, granulated garlic, garlic cloves, shallots, butter, capicola sourdough (*levain* (organic unbleached wheat flour, water), *water*, *organic unbleached wheat flour*, *organic whole wheat flour*, *organic rye flour*, *sea salt*), kosher salt. **Chive & Parmesan Orzo**: orzo, sage, shallots, white wine, fresh thyme, chicken stock (*chicken bones*, *paprika*, *salt*, *pepper*, *oregano*), heavy cream, spinach, parmesan, chive, butter, lemon zest, lemon juice, kosher salt, pepper. **fresh asparagus**: asparagus, butter, salt, pepper. **Allergens: dairy, garlic/onion, wheat, alcohol**

Roast Turkey – **turkey**: Diestel turkey, butter, salt, pepper, chicken and/or turkey stock (*chicken/turkey bones*, *paprika*, *salt*, *pepper*, *oregano*). Brined in: brown sugar, rosemary, thyme, bay leaf, salt, and pepper. **Gravy**: chicken and/or turkey stock (*chicken/turkey bones*, *paprika*, *salt*, *pepper*, *oregano*), butter, flour, yellow onion, carrot, celery, thyme, bay leaf, red pepper flakes, salt, pepper. **Sourdough stuffing**: chicken or turkey stock (*chicken/turkey bones*, *paprika*, *salt*, *pepper*, *oregano*), sourdough bread (*levain* (organic unbleached wheat flour, water), *water*, *organic unbleached wheat flour*, *organic whole wheat flour*, *organic rye flour*, *sea salt*), English toaster bread (*unbleached wheat flour*, *all-purpose wheat flour*, *water*, *yeast*, *salt*, *malt extract*), butter, celery, onion, parsley, fresh thyme, bells seasoning (*rosemary*, *oregano*, *sage*, *ginger*, *marjoram*, *thyme*, *salt*, *pepper*), fresh sage, salt, pepper. **Mashed Potatoes**: russet potatoes, heavy cream, butter, salt, pepper. **Green Beans**: green beans, butter, thyme, salt, pepper. **cranberry sauce**: cranberry, sugar, water, orange juice. **Allergens: dairy, wheat, onion**

BBQ Beef Brisket – *brisket*: red wine, white wine, tomato, thyme, garlic, rosemary, carrot, celery, bay leaf, red pepper, salt, pepper. ***sauce*:** red wine vinegar, brown sugar, ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*), garlic, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), tabasco (*distilled vinegar, red pepper, salt*), butter.

***Macaroni & Cheese*:** manufacturing cream, large elbow macaroni (*semolina (wheat), niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid*), cheddar cheese (*cultured milk, salt, enzymes, annatto (color)*), parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), asiago cheese (*pasteurized milk, cheese cultures, salt, enzymes*), butter, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour*), dry mustard, salt, pepper. *Flour is added to the sauce in the Gayle's to Go case.* ***Old Fashioned Coleslaw*:** red cabbage, green cabbage, carrot, yellow onion, mayonnaise (*pasteurized egg yolks, whole eggs, Canola Oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon Mustard (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper*), sour cream, white wine vinegar, celery seed, salt, sugar, chili powder, pepper

Allergens: garlic/onion, dairy, alcohol, soy, flour

Lamb Chops – lamb chops, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, honey, garlic, salt, pepper. ***Mint pesto*:** pistachios, garlic, parmesan cheese, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, mint, parsley, salt, pepper. ***Au gratin potatoes*:** russet potatoes, heavy cream, milk, garlic, gruyere cheese, nutmeg, butter, salt, pepper. ***Peas & baby spinach*:** peas, baby spinach, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, white wine, salt, pepper.

Allergens: pistachios, dairy, garlic/onion, alcohol

Teriyaki Flank Steak – flank steak, wheat free tamari (*water, soybeans, salt, sugar*), canola oil, brown sugar, orange juice, sambal oelek chili sauce (*red chili peppers, salt, sugar, acetic acid, potassium sorbate (preservative), xanthan gum, ascorbic acid*), ginger.

***Sticky rice*:** white rice, shiitake mushrooms, edamame, wheat-free tamari (*water, soybeans, salt, sugar*), scallions, cilantro, salt, pepper, sesame oil, olive oil (*refined olive pomace oil, extra virgin olive oil*).

***baby bok choy stir fry*:** baby bok choy, spinach, garlic, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Allergens: soy, garlic/onion, sesame, alcohol

Chicken Parmesan – chicken breast, panko breadcrumbs (*bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt*), garlic, parmesan, mozzarella, thyme, egg, flour, parsley, canola oil (for frying). **Sauce:** tomato, tomato paste (*tomato pulp, citric acid*), white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), basil, garlic, oregano, red pepper flakes, salt, pepper. **spaghetti:** spaghetti noodles (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid, iron (ferrous lactate)))*), cauliflower, green olives, garlic, toasted almonds, parmesan, white wine, salt, pepper, parsley, red pepper flakes, olive oil (*refined olive pomace oil, extra virgin olive oil*). **caesar salad:** romaine lettuce, parmesan, croutons (*english toaster bread (unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract), butter, olive oil, garlic, salt*).

Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), anchovies (*anchovy, olive oil, salt*), garlic, dry mustard, egg, lemon juice, salt, pepper.

Allergens: *alcohol, wheat, garlic/onion, dairy, egg, nuts*

Balsamic & Beer Braised Short Ribs – beef short rib, beef stock (*beef base (roast beef and beef stock, salt, hydrolyzed protein (soy, corn), sugar, corn oil, autolyzed yeast extract, corn starch, caramel color, natural flavors, maltodextrin, disodium guanylate, disodium inosinate, corn syrup, solids, beef extract, dextrose, beef fat)*), *paprika, salt, pepper, oregano*), Deschutes porter beer, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*), chicken stock (*chicken bones, paprika, oregano, salt, pepper*), balsamic vinegar, tomato paste (*tomato pulp, citric acid*), garlic, yellow onion, olive oil (*refined olive pomace oil, extra virgin olive oil*), corn starch, black pepper, salt. **potato leek gratin:** yukon gold potatoes, gruyere cheese, leeks, parmesan, milk, garlic, butter, salt, pepper. **Broccolini with preserved lemon:** broccolini, butter, salt, pepper, preserved lemon (*lemons, water, salt, lemon juice*).

Allergens: *soy, wheat, dairy, garlic/onion*

SOUP

Chicken Noodle Soup - chicken stock (*chicken bones, paprika, salt, pepper, oregano*), white wine, chicken, pasta, celery, carrots, tomato, yellow onion, sage, olive oil (*refined olive pomace oil, extra virgin olive oil*), thyme, parsley, bay leaves, garlic, salt, pepper.

Allergens: *alcohol, wheat, garlic/onion*