

Have a nice hot dinner waiting for you at home tonight!



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OCTOBER 2018 Put this menu on the fridge for easy reference!

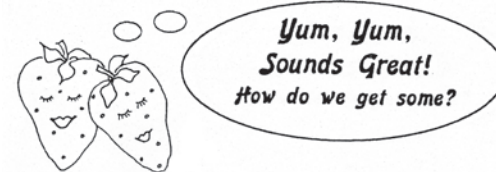
Order By 10/1 Delivery 10/4	NEW! HOMEGROWN TOMATO, BASIL & ZUCCHINI (SAVORY) BREAD PUDDING* : Blue cheese option available. The taste of summer!! Bite sized pieces of artisanal bread and delectable morsels of homegrown tomatoes, zucchini & fresh basil are baked in a deeply flavored, savory herbed custard until browned and delectable! (273 cal / 8.9g fat / 4.7g fiber / 7.3g pro / 31.9 carb). *Special pricing of \$27 & \$37 for this entrée.
Order By 10/8 Delivery 10/11	WILDLY POPULAR! MUSHROOM BROCCOLI STROGANOFF : Mushrooms and broccoli in a light sour cream-sherry sauce with homegrown sundried tomatoes and egg noodles. Yummy! (388 cal / 6.4g fat / 8.4g fiber / 13.4g pro / 42.5g carb).
Order By 10/15 Delivery 10/18	SCRUMPTIOUS AND SO HEALTHY! CHILI RELLENO HARVEST FIESTA BAKE* (wheat free) – Green chilies sprinkled with onion, tomato, scallion and corn, then blanketed with mildly spicy, creamy, savory custard, more green chilies and topped with melted cheese. Yum! (179 cal / 3g fat / 4g fiber / 20g pro / 23g carb). *Special pricing of \$27 & \$37 for this entrée.
Order By 10/22 Delivery 10/25	AN IVY'S COOKIN' ORIGINAL RECIPE! SPINACH LASAGNE – This lasagne features my yummy, thick and hearty bean sauce (marinara with a twist) between layers of noodles, spinach and creamy cheeses. (400 cal / 10g fat / 5g fiber / 17g pro / 30g carb).
Order By 10/29 Delivery 11/01	UNIQUELY DELECTABLE BLACK BEAN PICADILLO SHEPHERD'S PIE (wheat free/vegan option available) – Savory black beans and veggies with Jamaican jerk inspired flavors (hints of cinnamon, cumin, clove, allspice, green chiles and cilantro) topped to perfection with creamy mashed potatoes. (360 cal / 3.4g fat / 14g fiber / 12.6g pro / 72g carb).

NOVEMBER 2018 Gift certificates from Ivy's Cookin' are available!

Order By 11/5 Delivery 11/8	PERENNIAL FAVORITE! BROCCOLI, BASIL & PARMESAN STUFFED SHELLS MARINARA* – Blue cheese option available. A match made in heaven! These fabulous broccoli & cheese filled shells are topped with my famous garlicky marinara sauce. (253 cal / 5.4g fat / 6.5g fiber / 18.4g pro / 41.9g carb). *Special pricing of \$27 & \$37 for this entrée
Order By 11/12 Delivery 11/15	DELECTABLE! SPICED POTATO ENCHILADAS W/CHIPOTLE CHILI SAUCE (wheat free) – You'll love these hearty, delicious enchies with just the right amount of heat, a potato, cheese, cilantro and corn filling and the subtle smoky flavor of chipotles (smoked jalapenos)! (308 cal / 8.5g fat / 7.5g fiber / 8.4 pro / 39g carb).
Order By 11/18 Delivery 11/21	THANKSGIVING SPECIAL ~ SWEET POTATO, WHITE BEAN AND ROASTED RED PEPPER TIAN (tee-ahn) (vegan and/or wheat free options available)*: Great side dish or main course! Veggies and buttery white beans coated in olive oil, slowly baked to exude juices that caramelize and develop deep, rich flavor! (224 cal / 8g fat / 6g fiber / 5.8g pro / 29.3g carb) **NOTE: SUNDAY (11/18) ORDER DEADLINE THIS WEEK FOR DELIVERY WEDNESDAY (11/21).
Order By 11/26 Delivery 11/29	A EUGENE FAV! IVY'S AWESOME ENCHILADAS DE CHILI VERDE (wheat free) Tempt your palate with vegetable, bean and cheese filled corn tortillas covered with a piquant green chili salsa. (270 cal / 5g fat / 6g fiber / 15.4 pro / 35.5g carb).

PLACING AN ORDER IS EASY!

At Ivy's Cookin' a new and delicious vegetarian entree is offered each week. Place your order by Monday night and Ivy will deliver a savory 2-4 portion meal (9"x9" pan) at your convenience on Thursday, or you can pickup Wednesday.



All this for just \$25.

(A family size 9"x13" pan is \$35).

Meals from Ivy's Cookin' freeze exceptionally well, so they are ideal for dinners when you're too tired to cook, or lunches for those days on the go.

SPEND MORE TIME WITH FAMILY!

Save time with Ivy's healthy, affordable vegetarian meals.

GIFT CERTIFICATES AVAILABLE!

Ivy's Cookin' is a great gift idea for new moms, birthdays, potlucks, moving day, post surgeries, housewarmings, or as a simple act of kindness.

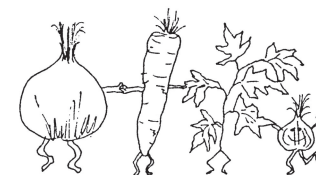
DID YOU KNOW...?

You receive a 1/2 PRICE MEAL when your referral brings me a new customer...Spread the word!

A FREE GIFT!

Receive a FREE food gift with your first order from Ivy's Cookin'!

Let Ivy's Cookin' Catering put the "fun" in your next function with delicious vegetarian cuisine for your workshop, meeting, seminar, wedding, special event ...



IMAGINE A CHEF THAT MAKES HOUSECALLS!

All meals prepared and delivered by chef/owner Ivy Cotler since 1992. Meals may be delivered right to your home or office every Thursday.

WATCHING YOUR FOOD INTAKE?

Ivy now provides fat, fiber, protein, carbohydrate & calorie info for those folks who may be on a weight loss program.

(Info based on 4 servings for a 9"x9" pan and 8 servings for a 9"x13" pan).

Ivy's Cookin' kitchen is fully licensed by the State of Oregon Department of Agriculture