

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



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

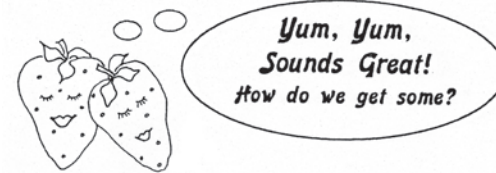
- Order By 2/5 **CROWD PLEASER! BLACK AND WHITE ENCHILADAS** (wheat free) – Corn tortillas filled with a delectable combo of black beans, feta and cream cheese topped with a zesty Mexican red sauce. (325 cal / 8.5g fat / 11g fiber / 15.6g pro / 48.5g carb)
Delivery 2/8
- Order By 2/12 **CRITICALLY ACCLAIMED! MUSHROOM BROCCOLI STROGANOFF** – Mushrooms and broccoli in a light sour cream-sherry sauce with garlic, sundried tomatoes and egg noodles. Delish! (388 cal / 6.4g fat / 8.4g fiber / 13.4g pro / 42.5g carb)
Delivery 2/15
- Order By 2/19 **A EUGENE FAVORITE! SMOKY MEXICAN LASAGNE** – The subtle smoky flavor of chipotle chilies (smoked jalapenos) complements the Mexican red sauce and cheese, spinach and corn filling. (215 cal / 3.7g fat / 6g fiber / 15.3g pro / 27g carb)
Delivery 2/22
- Order By 2/26 **UNIQUELY DELECTABLE BLACK BEAN PICADILLO SHEPHERD'S PIE** (wheat free/vegan option available) – You're in for a taste treat with this wonderful meal! 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)
Delivery 2/29

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

- Order By 3/5 **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) *Note: Special pricing for this meal only – \$27 & \$37 for small and large entrees respectively.
Delivery 3/8
- Order By 3/12 **ST. PATRICK'S DAY SPECIAL! SPINACH ENCHILADAS SUIZAS** (wheat free option available) Corn tortillas layered with sauteed spinach, onion and garlic in a light Swiss cheese and green chili cream sauce. (279 cal / 9.5g fat / 3g fiber / 12g pro / 28g carb)
Delivery 3/15
- Order By 3/19 **SCRUMPTIOUS AND SO HEALTHY! PROVENCALE BAKED CHICKPEA CASSEROLE** (wheat free / vegan options available) – Exquisitely flavored with red wine, herbs, garlic and lemon. Full of veggies (cabbage, potatoes and tomatoes) with a bread crumb, parsley, garlic and parmesan cheese topping. (333 cal / 5.3g fat / 9g fiber / 12.6g pro / 51g carb)
Delivery 3/22
- Order By 3/26 **EASTER SPECIAL! CREAMY ARTICHOKE PESTO STUFFED SHELLS*** – Deceptively decadent...yet healthy! Artichokes, homemade pesto, green onion and cottage cheese stuffed shells are complemented by a light Bechamel (white) sauce with hints of dry sherry and Swiss cheese (330 cal / 12g fat / 2.2g fiber / 11.6g pro / 22.5g carb) *Note: Special pricing for this meal only. – \$27 & \$37 for small and large entrees respectively.
Delivery 3/29

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.

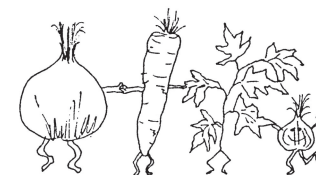
DID YOU KNOW...?

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