

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



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JUNE 2018

Put this menu on the fridge for easy reference!

Order By Delivery	6/4 6/7	BAKED PASTA PRIMAVERA – Deliciously creamy comfort food with broccoli, mushrooms, and sundried tomatoes – yum, yum! (270 cal / 6g fat / 4g fiber / 13g pro / 33g carb).
Order By Delivery	6/11 6/14	FATHER'S DAY SPECIAL! 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 meal.
Order By Delivery	6/18 6/21	SCRUMPTIOUS AND SO HEALTHY! VERY VEGGIE SHEPHERDS PIE with garlic basil mashed potatoes (wheat free) – A thick, luscious veggie stew with corn, green beans, tomatoes, zucchini and beans and a sprinkle of parmesan cheese rests under a canopy of creamy mashed potatoes that's baked until golden and crusty. (360 cal / 3.4g fat / 14g fiber / 12.6g pro / 72g carb).
Order By Delivery	6/25 6/28	A EUGENE FAVORITE! BLACK BEAN CHILAQUILES (cheel-ah-keel-ehs) (wheat free) – Corn tortillas, black beans, tofu, chiles, cheese and sour cream mingle to remind you of a sunny Mexican enchilada bursting with flavor! (426 cal / 12g fat / 13.4g fiber / 28.6g pro / 50g carb).

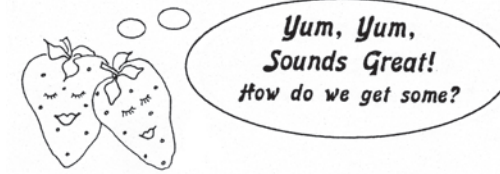
JULY 2018

Gift certificates from Ivy's Cookin' are available!

Order By Delivery	7/2 7/5	NEW! SAVORY ARTICHOKE AND MUSHROOM BREAD PUDDING* : Pure comfort food! Bite sized pieces of artisanal bread and delectable morsels of artichoke and mushrooms are baked in a deeply flavored, savory herbed custard until browned and delectable! (273 cal / 8.9g fat / 4.7g fiber / 17.3g pro / 31.9 carb). *prices are \$27 & \$37 for this meal.
Order By Delivery	7/9 7/12	RECEIVES RAVE REVIEWS! SPINACH TORTA (wheat free option available) – Layered torta of sliced potatoes, savory sauteed spinach and feta cheese topped with a Bechamel (white) sauce with a hint of garlic. (232 cal / 6.5g fat / 4.9g fiber / 10.2g pro / 42.4g carb)
Order By Delivery	7/16 7/19	DELECTABLE! ALMOND EGGPLANT ENCHILADAS (wheat free with a vegan option available) - Deeply flavorful enchiladas feature corn tortillas layered with cheese and a toasted almond and sauteed eggplant filling topped with my zesty Mexican red sauce. Delicious with wonderful textural contrasts! (220 cal / 8.2g fat / 9.1g fiber / 8.8g pro / 39g carb)
Order By Delivery	7/23 7/26	POLENTA VEGGIE LASAGNE* (wheat free with a vegan option available) – Mmmm...polenta, fresh seasonal veggies and herbs (tomatoes, basil, spinach and mushrooms), layered with my garlicky marinara sauce and cheese. Yum, yum! (221 cal / 6.5g fat / 5.4 fiber / 28.6g pro / 50g carb). *prices are \$27 & \$37 for this meal.
Order By Delivery	7/30 8/3	DON'T MISS THIS SEASONAL DISH! FRESH CORN, SPINACH AND ROASTED RED PEPPER ENCHILADAS (wheat free): These are positively addictive enchies with corn tortillas and a creamy filling of corn, spinach and roasted red peppers topped with my fabulous Mexican red sauce and Monterey Jack cheese (261 cal / 8g fat / 6.9g fiber / 15g pro / 40g 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"x 9" 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.

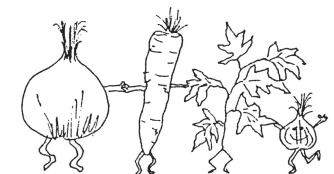
DID YOU KNOW...?

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