

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



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### DECEMBER 2017 Put this menu on the fridge for easy reference!

Order By 12/4 Delivery 12/7	<b>ONE OF MY MOST POPULAR ENTREES! SAVORY CHEESE AND ZUCCHINI SHELLS*</b> <i>–Jumbo pasta shells filled with fresh mushrooms and zucchini, herbed ricotta and a hint of smoked cheese, all topped with my fabulous marinara sauce. (317 cal / 12g fat / 4g fiber / 12.6g pro / 21.5g carb) *Note: Prices are \$28 / \$38 for this entrée. No trades/gift redemptions for this entrée.</i>
Order By 12/11 Delivery 12/14	<b>BACK BY POPULAR DEMAND! BUTTERNUT SQUASH ENCHILADAS WITH TOMATILLO SAUCE (wheat free / vegan options available)*</b> – Creamy, sweet butternut squash, corn, onion and garlic topped with a fresh, piquant tomatillo sauce. (229 cal / 7g fat / 7g fiber / 10.6g pro / 35g carb). *Note: prices are \$28 and \$38 for this entrée. No trades/gift redemptions for this entrée.
Order By 12/18 Delivery 12/21	<b>HOLIDAY SPECIAL SPANAKOPITA*</b> – I only make this once a year so don't miss out! Layers of flaky filo dough with a delectable and unique creamy filling of feta cheese, spinach, sundried tomatoes and toasted walnuts. (280 cal / 17g fat / 3g fiber / 20g pro / 24g carb) **Note: Prices are \$28 and \$38 for this entrée. No trades/gift redemptions for this entrée.
Order By 12/25 Delivery 12/28	<b>A CROWD PLEASER! BLACK BEAN CHILAQUILES (cheel-ah-keel-ehs) (wheat free)</b> – 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).

### JANUARY 2018 Gift certificates from Ivy's Cookin' are available!

Order By 1/1 Delivery 1/4	<b>TRY IT, YOU'LL LIKE IT! INDIAN SHEPHERD'S PIE (wheat free)</b> – A delicious example of fusion cooking! The spinach and ricotta filling (with fresh ginger, coriander and cumin) is topped with my scrumptious cilantro mashed potatoes. Mmm! (369 cal / 8.6g fat / 6.6g fiber / 25.6g pro / 54g carb).
Order By 1/8 Delivery 1/11	<b>A EUGENE FAV! IVY'S AWESOME ENCHILADAS DE CHILI VERDE (wheat free)</b> - 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).
Order By 1/15 Delivery 1/18	<b>NEW! BROCCOLI, SUNDRIED TOMATO, ROASTED GARLIC, CARAMELIZED ONION BREAD PUDDING*</b> - Bite sized pieces of artisanal bread and delectable morsels of broccoli, sundried tomato, roasted garlic puree and caramelized onion are baked in a deeply flavored, savory herbed custard until browned and delicious! (273 cal / 8.9g fat / 4.7g fiber / 17.3g pro / 31.9 carb). *Note: Prices are \$27 / \$37 for this entrée.
Order By 1/22 Delivery 1/25	<b>DELECTABLE! MEXICAN BLACK BEAN LASAGNE</b> – Combine your favorite "comfy" foods and you'll get this fabulous lasagne! Fantastic in its simplicity of ingredients- lasagne noodles, savory black beans and creamy cheeses layered with a Mexican red sauce. (430 cal / 9.6g fat / 9.5g fiber / 17g pro / 37g carb).
Order By 1/29 Delivery 2/1	<b>RECEIVES RAVE REVIEWS! SPINACH TORTA (wheat free option available)</b> – 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).

## 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.



*Yum, Yum,  
 Sounds Great!  
 How do we get some?*

**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