

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



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JUNE 2017 Put this menu on the fridge for easy reference!

Order By 6/5 Delivery 6/8	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. *SPECIAL PRICING: \$27 (9x9 inch pan), \$37 (9x13" pan).
Order By 6/12 Delivery 6/15	FATHER'S DAY SPECIAL SMOKY BLACK BEAN ENCHILADAS (wheat free) – The black bean filling gets its' subtle smoky flavor from chipotle peppers (smoked jalapenos) plus just a hint of orange. Monterey Jack, cream cheese and my zesty Mexican red sauce perfectly balance the flavors in these enchies! (463 cal / 9.2g fat / 9.6g fiber / 21.6g pro / 57g carb).
Order By 6/19 Delivery 6/22	DELICIOUS! MEDITERRANEAN STUFFED SHELLS (VEGAN)* : Jumbo shells filled with tender, succulent eggplant, mushrooms, spinach and garlic sauteed in olive oil and topped with Ivy's fabulous garlicky marinara sauce. (244 cal / 7.9g fat / 6.3g fiber / 6.2 pro / 26.5 carb). *special pricing of \$27 / \$37 for this meal.
Order By 6/26 Delivery 6/29	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)

JULY 2017 Gift certificates from Ivy's Cookin' are available!

Order By 7/3 Delivery 7/6	TRY IT, YOU'LL LIKE IT! INDIAN SHEPHERD'S PIE (wheat free) – 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 7/10 Delivery 7/13	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 only.
Order By 7/17 Delivery 7/20	DELECTABLE! ALMOND EGGPLANT ENCHILADAS (WHEAT FREE W/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 7/24 Delivery 7/27	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 7/31 Delivery 8/2	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.



*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