

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



Ivy Cotler, Chef/Owner
 Phone: 541-485-4200
 ivy@efn.org
 ivy@ivyscookin.com

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

| | |
|--------------------------------|---|
| Order By 8/7 Delivery 8/10 | ONLY OFFERED IN SUMMER! GREEK LASAGNE: <i>This mouth-watering lasagne has a filling of spinach, feta cheese, black olives and is topped with homegrown tomatoes! Yum-yum! (285 cal / 10g fat / 6g fiber / 32g pro / 31g carb).</i> |
| Order By 8/14 Delivery 8/17 | NEW! FRESH CORN, HOMEGROWN TOMATO & BASIL (SAVORY) BREAD PUDDING*: <i>The taste of summer!! Bite sized pieces of artisanal bread and delectable morsels of fresh corn, homegrown tomatoes, & fresh basil 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 of \$27 & \$37 for this entrée.</i> |
| Order By 8/21 Delivery 8/24 | PERENNIAL FAVORITE! SPINACH ENCHILADAS SUIZAS (wheat free option available) <i>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).</i> |
| Order By 8/28 Delivery 8/31 | LABOR DAY SPECIAL - BAKED PASTA W/BROCCOLI, HOMEGROWN TOMATOES & GORGONZOLA (non blue cheese option available): <i>This delicious creamy pasta dish awakens and delights your tastebuds. Add fresh, homegrown tomatoes to broccoli, gorgonzola (mild blue) and Romano cheeses and you have a hit! (260 cal / 8.6g fat / 3g fiber / 16.9g pro / 18g carb).</i> |

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

| | |
|--------------------------------|---|
| Order By 9/4 Delivery 9/7 | A EUGENE FAVORITE! BLACK BEAN CHILAQUILES (cheel-ah-keel-ehs) (wheat free) – <i>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).</i> |
| Order By 9/11 Delivery 9/14 | ONLY AVAILABLE ONCE/YEAR STUFFED SHELLS WITH FRESH BASIL & ROASTED RED PEPPER CREAM SAUCE*: <i>A feast for the eyes as well as the tastebuds. Roasted red pepper and fresh green basil brightens the colors and flavors of this cream sauce and perfectly complements the three cheese stuffed jumbo pasta shells ((309 cal / 8.1g fat / 1.8g fiber / 21g pro / 25g carb). *prices are \$27 & \$37 for this meal only.</i> |
| Order By 9/18 Delivery 9/12 | DON'T MISS OUT ON MY MOST POPULAR ENCHIES! FRESH CORN ENCHILADAS (wheat free) – <i>These enchies are absolutely ambrosia! Corn tortillas with a creamy fresh corn and green chili filling and Ivy's zesty Mexican red sauce (253 cal / 9.6g fat / 4.1g fiber / 12g pro / 34g carb). *prices are \$27 & \$37 for this meal only.</i> |
| Order By 9/25 Delivery 9/28 | HOMEGROWN VEGGIES! VERY VEGGIE SHEPHERDS PIE with garlic basil mashed potatoes (wheat free) – <i>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. Delish! (360 cal / 3.4g fat / 14g fiber / 12.6g pro / 72g carb).</i> |

 **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