



January Menu

Name _____

Date _____

We partnered with the Hippie and the Farmer, Cosmic Charlie Bread Adventures, and Oakview Farm Meats to create dietitian approved meals! All meal options are made with organic, fresh ingredients and products that are sourced locally.

Please indicate your desired quantity of each menu item and any modifications as needed per your individual dietary restrictions or food preferences. All meals can be modified to be gluten free*, dairy free, vegetarian, and low-carb.

	Desired Qty.	Modifications
Roast Chicken (GF, DF) \$12 Roast chicken thighs and breasts tossed with apples, onions, colorful baby potatoes, rosemary, fennel, lemon, olive oil, peppercorn, and coriander seeds.		
Italian Shredded Beef (GF) \$12 Italian shredded beef baked with sundried tomatoes, herbs, & tomato puree. Topped with slices of mozzarella cheese and served with garlic green beans.		
Stuffed Butternut Squash Rings (V, GF, DF) \$12 Butternut squash rings roasted and stuffed with sautéed onion, herbs, walnuts, spinach, lentils, and sautéed apples. Served with a side of garlic green beans.		
Sausage with Roasted Vegetables (GF, DF) \$12 Broccoli, mushrooms, and colorful tomatoes all roasted in olive oil & white wine. Tossed with salt & pepper sausage.		
Hippie Veggie Chili (V, GF, DF) \$5 A flavorful 1/2-quart soup packed with vegetables, beans, and a veggie-rich broth.		
Farmer Chili (V, GF, DF) \$5 Same as Hippie Veggie Chili (above) plus salt & pepper sausage.		
Hippie Cheese Crisp Pizza (V, GF) \$10 A 9-inch, baked cheese crust, topped with a vegan white sauce, roasted garlic, broccoli, roasted butternut squash, and mozzarella cheese.		
Farmer Cheese Crisp Pizza (GF) \$10 A 9-inch, baked cheese crust, topped with pizza sauce, a blend of organic Cajun seasonings mixed with salt and pepper sausage, roasted shishito peppers, and mozzarella cheese.		

January Wild Child Menu

We bring you fun, kid-oriented, and kid-portioned meals. When your wild child gets hungry, you can now reach into your freezer for a ready-to-heat and eat cuisine!

	Desired Qty.	Modifications
Deconstructed Lasagna \$8 Deconstructed lasagna made using whole wheat noodles and salt & pepper sausage, tossed in a garden marinara sauce and topped with mozzarella cheese. Served with a side of garlic green beans.		
Chicken & Waffle \$8 Baked, crispy chicken using panko crumbs. Served with a side of waffle and baked cinnamon apples.		
BBQ Beef (GF) \$8 BBQ beef with honey carrots and tiny baked potatoes stuffed with cheddar cheese.		
Slider Burgers with Oven Fries \$8 Mini burgers on vegan slider buns with shredded cheddar cheese and baked oven fries.		
Cheese Pizza (V) \$8 Small, individual whole wheat crust topped with pizza sauce and mozzarella cheese. Cheese crisp pizza can be subbed for whole wheat.		
Veggie Pizza (V) \$8 Small, individual whole wheat crust topped with pizza sauce, sautéed broccoli, sautéed red pepper, and mozzarella cheese. Cheese crisp pizza can be summed for whole wheat.		

V = vegetarian
GF = gluten free
DF = dairy free

* While we offer gluten-free options, menu items are not made in a gluten-free kitchen. Cross-contamination could occur and we are unable to guarantee that any item can be completely free of allergens. We encourage you to consider this information in light of your individual requirements and needs.

To place your order, contact Pam Bowshier by:

calling her at 937-926-4833 with your order
 or emailing this completed order form to her at hippieandfarmer@yahoo.com

Orders must be placed and paid for by January 3rd. The orders will be ready for pickup at the Clem&Thyme Farmhouse [4359 E. Enon Road, Yellow Springs 45387] on January 8th between 1pm & 5pm. We can hold your meals if you cannot pick up on the afternoon of January 8th.

For office use only

_____ x \$12.00 = _____	_____	
number of regular meals	regular meal subtotal	
_____ x \$10.00 = _____	_____	
number of regular pizzas	regular pizza subtotal	
_____ x \$5.00 = _____	_____	
number of regular soups	regular soup subtotal	
_____ x \$8.00 = _____	_____	_____
number of wild child meals/pizzas	wild child meal/pizza subtotal	grand total