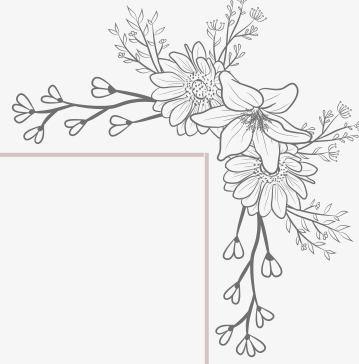


# Menu



## MAIN

### Zuppa Toscana

A zesty pork sausage soup with a creamy broth, sauteed garlic, cooked potatoes with bountiful kale to top it off.

### Humboldt Hippie Soup

Vegetable soup with a twist. Chorizo, corn, carrots, celery, potatoes, garlic, onion, spinach & kale all cooked with seasonings.

### Tuscan Garden Soup

A true Tuscan dream. Great Northern Beans in broth along with delicious vegetables & Italian seasonings.

### Country Cookin' Chili

Chili the way mama made it. Mild with pork sausage, rotel, tomatoes, onions and more. Great with a side of bread and butter.

### Lentil & Vegetable Curry

A creamy soup with sauteed carrots, onion and garlic and an aromatic curry to warm the soul.

## SIDES

### Steamed Broccoli

Heaps of hot and fresh steamed broccoli with a hint of garlic.

### Mixed Vegetables

A mix of vegetables depending on season and availability & best paired with main dish.

### French Bread

Kelsey homemade loaf of crusty French bread.

### Hummus & Veggies

A creamy garlic hummus with a side of carrots and celery.

### Fresh Fruit

A mix of fruit depending on season and availability & best paired with main dish.

## DESSERTS

### Banana Bread

A delicious staple. A classic comfort food.

### Chia Seed Pudding

Great in aiding digestion and supporting bowel movements.

### Lactation Cookies

Chocolate chip cookies you and your baby will appreciate.

*Please let Kelsey know immediately of any allergies or dietary restrictions to custom tailor a plan for you.*

## HOW IT WORKS: TWO OPTIONS

### DOULA DELIVERY

All food is delivered warm & fresh daily on your doorstep at your desired time. A great addition to the meal train add on.

### MEAL PREPPED

All food is prepared (sliced, diced) & in your freezer ready for you to prepare postpartum.

# Humboldt County Doula

