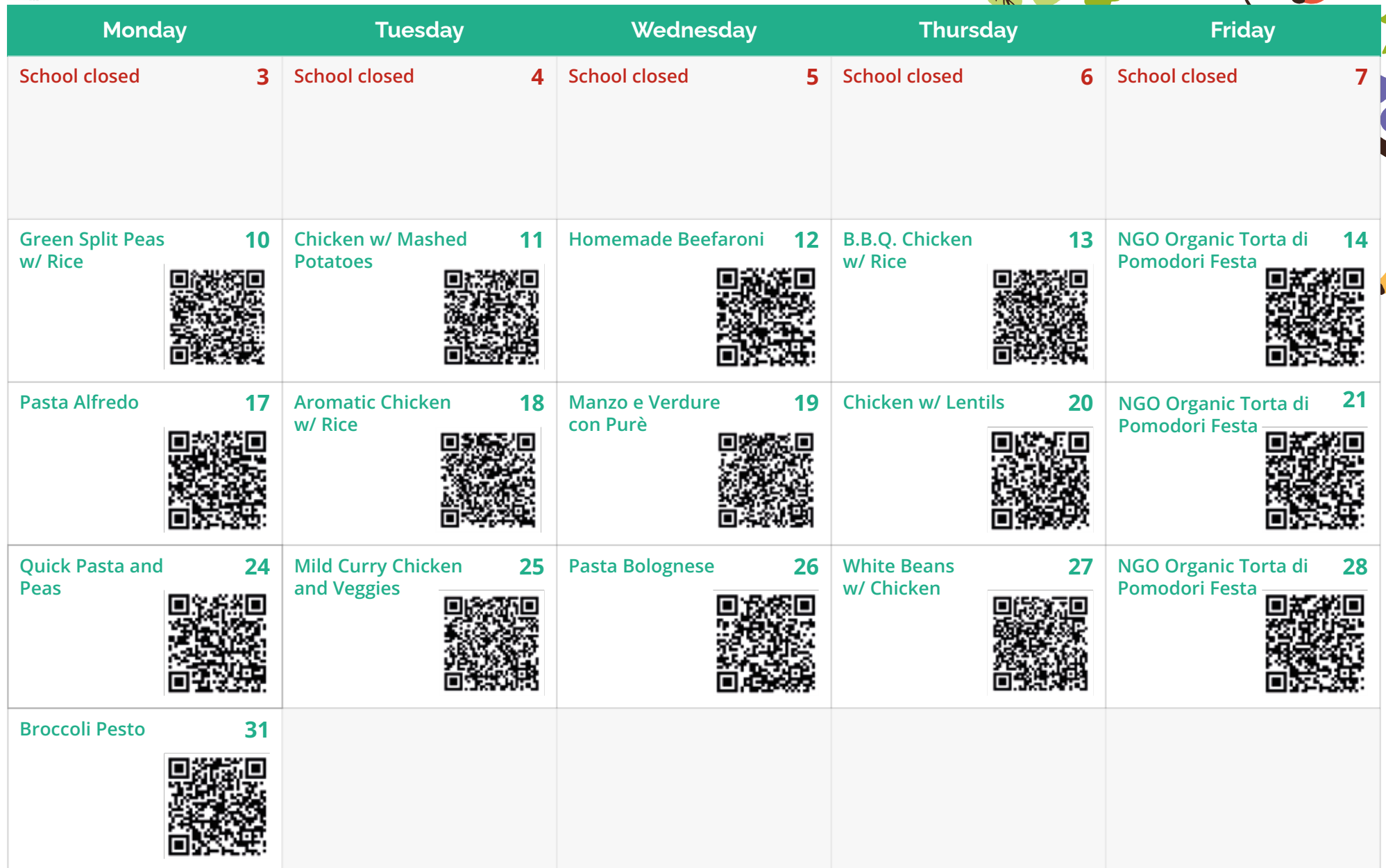




NG Organic proudly prepares our food daily with fresh ingredients, therefore the menu is subject to change based on availability. Please note the organic food program runs Monday-Thursday and Torta di Pomodori is posted for informative purposes only. Please review the **NGO** waiver for further clarification.

ORGANIC
best quality

Aromatic Chicken w/ Rice



Ingredients

10g chopped onions
 10g chopped pepper
 56g skinless chicken breast
 30g steamed baby spinach
 80g sweet potatoes
 30g mango
 ½ cup white rice
 1 tablespoon olive oil
 1 tablespoon butter
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	47.45g
Fat	15.53g
Protein	10.85g
Calories	369
Vitamin D	0ug
Calcium	72mg
Iron	2.7mg
Potassium	607mg
Vitamin A	725ug
Vitamin C	19.8mg

B.B.Q. Chicken w/ Rice



Ingredients

10g chopped onions
 10g chopped pepper
 56g skinless chicken breast
 20g BBQ sauce
 ½ cup white rice
 1 tablespoon olive oil
 1 tablespoon butter
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	31.17g
Fat	18.60g
Protein	20.76g
Calories	374
Vitamin D	0ug
Calcium	45mg
Iron	2.4mg
Potassium	399mg
Vitamin A	32ug
Vitamin C	31.2mg



Broccoli Pesto



Ingredients

1 tablespoon grated parmesan cheese
 1 tablespoon mayonnaise
 100g pasta
 2 tablespoons fresh lemon zest (from 1 fresh lemon)
 25g steamed broccoli
 30g steamed baby spinach
 10g organic chickpeas
 1 tablespoon olive oil
 1 tablespoon butter
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	77.89g
Fat	8.31g
Protein	21.49g
Calories	445
Vitamin D	0ug
Calcium	101mg
Iron	3.9mg
Potassium	597.15mg
Vitamin A	17ug
Vitamin C	33.4mg

Chicken w/ Mashed Potatoes



Ingredients

50g minced chicken breast
 100g fresh potatoes
 1 tablespoon olive oil
 1 tablespoon butter
 1 tablespoon grated parmesan cheese
 1 tablespoon Weber Mediterranean herb seasoning
 1 tablespoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	24.09g
Fat	30.40g
Protein	19.44g
Calories	445
Vitamin D	0ug
Calcium	72mg
Iron	2.7mg
Potassium	607mg
Vitamin A	725ug
Vitamin C	19.8mg



Chicken w/ Lentils



Ingredients

5g chopped organic chives
10g chopped onions
10g chopped pepper
100g lentils
10g chopped carrots
56g skinless chicken breast
1 tablespoon olive oil
1 tablespoon butter
1 teaspoon dried garlic
¼ teaspoon salt

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	24.16g
Fat	26.83g
Protein	22.32g
Calories	419
Vitamin D	0ug
Calcium	41mg
Iron	3.88mg
Potassium	599mg
Vitamin A	144ug
Vitamin C	15.4mg

Green Split Peas w/ Rice



Ingredients

5g chopped organic chives
10g chopped onions
10g chopped pepper
½ cup green split peas
10g chopped carrots
½ cup white rice
1 tablespoon olive oil
1 tablespoon butter
1 teaspoon dried garlic
¼ teaspoon salt
A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	42.63g
Fat	22.05g
Protein	8.34g
Calories	396
Vitamin D	0ug
Calcium	51mg
Iron	2.81mg
Potassium	404mg
Vitamin A	203ug
Vitamin C	27mg



Homemade Beefaroni



Ingredients

1 teaspoon olive oil
 1 pound lean ground beef
 1 medium yellow onion, finely chopped
 1 green bell pepper, diced
 2 oz mushrooms, sliced (cremini or white button mushrooms)
 3 tablespoons tomato paste
 1 teaspoon smoked paprika
 1 teaspoon onion powder
 1 teaspoon garlic powder
 ½ teaspoon black pepper
 2 cups low-sodium beef broth
 1 ½ cups shredded Cabot cheddar cheese

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	47.97g
Fat	26.02g
Protein	27.53g
Calories	540
Vitamin D	0ug
Calcium	45mg
Iron	2.86mg
Potassium	563mg
Vitamin A	104ug
Vitamin C	7.7mg

Manzo e Verdure con Purè



Ingredients

100g mixed vegetables (carrots, peas)
 5g chopped organic chives
 10g chopped onions
 10g chopped pepper
 56g ground beef (95% lean and 5% fat)
 20g petite diced tomatoes
 3g Italian seasoning Mediterranean blend
 1 teaspoon dried oregano (optional)
 1 tablespoon olive oil
 1 tablespoon butter
 1 bay leaf
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper
 Potatoes

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	29.56g
Fat	16.46g
Protein	16.81g
Calories	333
Vitamin D	0ug
Calcium	43mg
Iron	2.84mg
Potassium	857.14mg
Vitamin A	15ug
Vitamin C	5.7mg



Mild Curry Chicken and Veggies



Ingredients

1 tablespoon olive oil
 ½ white onion, chopped
 1 clove garlic, minced
 ½ lb chicken breasts, cut into cubes
 2 tablespoons tomato paste
 2 tablespoons mild curry powder
 ½ teaspoon fresh ginger, grated
 1 medium carrot, peeled and cut into coins or finely chopped
 ½ cup frozen peas
 ½ red pepper, seeded and chopped
 1 ½ cups full-fat coconut milk
 ½ cup cooked white rice

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	43g
Fat	16g
Protein	29g
Calories	380
Vitamin D	0ug
Calcium	35mg
Iron	3.53mg
Potassium	605.66mg
Vitamin A	77ug
Vitamin C	11mg

Pasta Alfredo



Ingredients

50g Trader Joe's Limone Alfredo Sauce
 1 tablespoon extra virgin olive oil
 20g whole kernel corn
 ½ clove garlic (peeled and smashed)
 ½ teaspoon salt
 1 cup organic Pasta Quintet
 1 tablespoon parmesan cheese
 1 teaspoon garlic powder
 ½ teaspoon black pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	86.61g
Fat	34.00g
Protein	18.17g
Calories	740
Vitamin D	0ug
Calcium	81mg
Iron	1.42mg
Potassium	325.8mg
Vitamin A	103ug
Vitamin C	0.3mg



Pasta Bolognese



Ingredients

1 tablespoon grated parmesan cheese
 5g chopped organic chives
 10g chopped onions
 10g chopped pepper
 10g chopped carrots
 56g ground beef (95% lean and 5% fat)
 35g petite diced tomatoes
 2 oz pasta
 3g Italian seasoning Mediterranean blend
 1 teaspoon dried oregano (optional)
 1 tablespoon olive oil
 1 tablespoon butter
 1 bay leaf
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	46.17g
Fat	18.95g
Protein	25.45g
Calories	442
Vitamin D	0ug
Calcium	106mg
Iron	4.3mg
Potassium	665mg
Vitamin A	110ug
Vitamin C	7.7mg

Quick Pasta and Peas



Ingredients

100g pasta
 2 oz mixed vegetables (carrots, peas, green beans)
 ½ oz sweet corn
 5g cheddar cheese
 1 tablespoon olive oil
 1 tablespoon butter
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	78.59g
Fat	27.3g
Protein	21.73g
Calories	614
Vitamin D	0ug
Calcium	82mg
Iron	4.39mg
Potassium	646.15mg
Vitamin A	389ug
Vitamin C	7.7mg



White Beans w/ Chicken



Ingredients

1 tablespoon grated cheddar cheese
 5g chopped organic chives
 10g chopped onions
 10g chopped pepper
 ½ cup white beans
 56g skinless chicken breast
 20g petite diced tomatoes
 1 tablespoon olive oil
 1 tablespoon butter
 1 teaspoon dried garlic
 ¼ teaspoon salt
 A pinch of freshly ground pepper

Nutritional Info:

Serving Size	Per Plate
Carbohydrate	24.27g
Fat	20.19g
Protein	22.42g
Calories	361
Vitamin D	0ug
Calcium	96mg
Iron	1.04mg
Potassium	602mg
Vitamin A	111ug
Vitamin C	15.2mg

NGO Organic Torta di Pomodori Festa



We're proud to introduce the NG Organic Torta di Pomodoro (Cheese Pizza) — a delicious, high-quality, organic option crafted especially for our little ones!

This mouthwatering creation is the result of a perfect collaboration between **Chef Geraldine's secret recipe** and the expert hands of **My Pizza Place**. Together, they've brought to life a brand-new cheese pizza that's as wholesome as it is tasty.

Because our children deserve nothing but the best — and now, they can enjoy it one slice at a time!

Ingredients

Crust: Freshly made dough from wheat flour, yeast, Himalayan pink salt, and organic olive oil
Sauce: Tomato-based sauce made from crushed organic tomatoes with basil, pepper, and Himalayan pink salt
Cheese: Low-moisture, low-fat mozzarella cheese

