

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			Gluten Free Oats Breakfast Salad with Vinaigrette Scrambled Eggs or Tofu Quinoa Crusted Broccoli Quiche Homefries Turkey Bacon	Gluten Free Oats Breakfast Salad Scrambled Eggs or Tofu Gluten Free Pancakes with <ul style="list-style-type: none"> <li>• Blueberry Sauce or</li> <li>• Hazelnut Spread</li> </ul> Baked Grapefruit	Gluten Free Oats Breakfast Salad Scrambled Eggs or Tofu Leek, Tarragon, and Chevre Scramble Roasted Fingerling Potatoes Tempeh Potato Sausage	Gluten Free Oats Breakfast Salad Scrambled Eggs or Tofu Potato, Kale, Pesto Frittata Turkey or Veggie Sausage Upma	Gluten Free Oats Breakfast Salad Scrambled Eggs or Tofu Thai French Toast with <ul style="list-style-type: none"> <li>• Ginger Lan</li> <li>• Maple or Mango Compote</li> <li>• (Vegan and GF options)</li> </ul>
LUNCH			Watermelon Gazpacho Falafel Crusted Chicken Falafel Cous Cous or Quinoa with Feta Rainbow Swiss Chard Roasted Cauliflower	Mango Soup House Naan Byrani Coconut Chana Saag Charred Sesame Eggplant Kale with Cumin Seeds Cucumber Raita Peach Chutney	Lemony Carrot Fennel Soup BBQ Pulled Turkey or Jackfruit Steak Fries Braised Pomegranate Collard Greens Sautéed Peas and Carrots Creamy Red Cabbage Slaw	Thai Melon Soup Red Vegetable Curry Pineapple Purple Rice Steamed Edamame Thai Style Noodle Salad Green Jade Stir Fry Roasted Yams	Smoky Tomato Soup Eggplant Tomato Salad Spanakopita Carrots, Marjoram with Lemon Cauliflower Cous Cous Salad Ratatouille Mint and Almond Salsa
DINNER		Asparagus Bisque Pesto Chicken with Tomato Caper Salsa Pesto Portobello with Tomato Caper Salsa Risotto Milanese Sautéed Broccoli Rabe Roasted Fennel Tuscan Bean Ragout Banana Peanut Butter Bread	Black Eyed Pea Soup Grilled Polenta Vegan Mushroom Cream Sauce Ratatouille Sautéed Greens and Beans Beets with Orange Vinaigrette Vanilla Cake with Raspberries	Black Bean Soup Pan Seared Fish or Tofu with Chimichurri Sauce Creamy Green Chili Corn Sautéed Arugula Crispy Brussels Sprouts	Coconut Yam Soup Adobo Chicken or Cauliflower with Avocado Creme Sautéed Swiss Chard Roasted Red Quinoa Pinto Beans with Corn and Red Peppers Spice Roasted Plantains Lemon Zucchini Welcome Bread	Italian Lentil Soup Pea and Leek Risotto Seared Mahi or Tofu with Artichoke Caponata Sautéed Green Beans Beets and Chevre Vegan Brownies	