

## A week Fall/Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs with turkey bacon Scrambled eggs with Fakin bacon Scrambled Tofu Home fries Quinoa with Dates Steel Cut Oatmeal	Pumpkin Spice Pancakes Scrambled Eggs Cinnamon Maple Syrup Cranberry Compote Scrambled Tofu Millet Cream GF Oatmeal	Broccoli Feta Frittata Broccoli DF Frittata Herbed Scrambled Tofu Apple Walnut Bake GF Oatmeal Steel Cut Oatmeal	Poached Eggs on Sweet Potato Hash Upma Scrambled Tofu Steel Cut Oatmeal GF Oatmeal Quinoa Cream	Chai French Toast Gluten Free Chai French Toast Thai Scrambled Tofu Apple Compote Scrambled Eggs GF Oatmeal Millet Cream	Tomato Basil Frittata Turkey Sausage Soy Sausage Upma Steel Cut Oatmeal GF Oatmeal	Confetti Scrambled Eggs Confetti Scrambled Tofu Sweet Potato Home fries GF Oatmeal Millet Cream with Figs
LUNCH	Chicken Pumpkin Stew Vegan Pumpkin Stew Farro Sautéed Spinach Roasted Garlic Potato Soup	Green Chili with Chicken Vegan Green Chili Kale with Smoked Paprika Cilantro Lime Rice Spiced Black Beans Chipotle Corn Chowder	Cashew Chicken Cashew Jackfruit Jasmine rice Short grain Rice Green Jade Stir Fry Roasted Cashews Fortune Cookies Miso Scallion Broth	Chicken Pot Pie Empanada Tofu Pot Pie Empanada Roasted Butternut Sautéed Kale Wild and Long Grain Rice Fresh Basil Veggie Soup	Cauliflower, Leek, Cheddar Cheese Quiche DF Cauliflower & Leek Quiche Maple Glazed Baby Carrots Sautéed Green Beans Tomato Basil Soup	Vegan White Chili White Chili with Chicken Kale With Roasted Yams Red Rice Southwest Cabbage Soup Sour cream Tortilla Chips Grated Jack Cheese	Moroccan Chicken Stew Moroccan Chickpea Stew Cous Cous/ Quinoa Salad Curried Carrot Soup Sautéed Kale & sundried tomatoes
DINNER	Red Pepper Tapenade Fish Nori Fritters Wild and Red Rice Sautéed Arugula Roasted Acorn Squash Carrot Dill Soup	Polenta Casserole Rice Penne Broccoli Rabe Marinara Sauce Pesto Sauce Squash Bisque	Cacciatore Chicken Cacciatore Portabella Roasted Fennel W/ Parm Roasted Cauliflower Orzo Sautéed Rainbow Chard Cauliflower Thyme Soup	Shrimp & Grits Mushroom & Grits Collard Greens Baked Delicata with Cranberries Vegan Potato Chowder	Maple Dijon Chicken Maple Dijon Tofu Roasted Fall Veggies Sautéed Spinach Roasted Fingerlings Roasted Sweet Potato Soup Banana Chocolate Bread	Salmon Putanesca Tempeh Putanesca Braised Greens Roasted Cauliflower Green Beans Squash Bisque	Fall Turkey Shepard's Pie Vegan Mushroom Casserole Roasted Roots Shredded Brussel Sprouts Sautéed Kale & Green Beans Fresh Herb Split Pea Soup Pumpkin Bread <i>*Menu items subject to change based on availability*</i>

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BREAKFAST	Scrambled Egg Tofu Scramble Turkey Sausage Cranberry Mustarda Kale and Spinach Steel Cut Oatmeal GF Oatmeal	Apple Pie Pancakes Scrambled Eggs Scrambled Tofu Walnut Maple Syrup Whipped Cream Quinoa Cream Steel Cut Oatmeal	Mushroom, Leek, & Chevre Frittata Herbed Scrambled Tofu Chicken Sausage GF Oatmeal Millet Cream	Poached Eggs on Kimchi Scrambled Tofu kimchi Sweet Potato Ginger Casserole Rice Pilaf Quinoa Cream Steel Cut Oatmeal	Chai French Toast GF Chai French Toast Cocoa Hazelnut Spread Thai Scrambled Tofu Scrambled eggs Apple Compote Steel Cut Oatmeal GF Oatmeal	Sausage, Black Olive, Caramelized Onion Frittata Tempeh Black Olive Frittata Thai Scrambled Tofu Home Fries	Scrambled Eggs with Kale and Feta Scrambled Tofu with Fennel Sweet Potato Hash Protein Oatmeal Ginger Scones
LUNCH	Vegan Punjabi Lentil Dahl Punjabi Vegetables Kale with Cumin Seeds Vegetable Biryani Spiced Chickpeas Curried Yam Soup	Turkey Porto Burger Veggie Burger Baked Potato Fries Sauteed Spinach/watercress Sauteed Onions Pesto Mayo Puree of Onion Soup	Fried Rice Fried Rice with Egg Teriyaki Chicken Sesame Tofu Roasted Broccoli Sweet Chili Sauce Spicy Mustard Sauce Miso Scallion Broth	Pulled Chicken Burrito Veggie Burrito Cilantro Lime Rice Sauteed Kale With Paprika Guac Sour cream Salsa Fresca Southwest Corn Chowder	Asparagus/brie cheese quiche Asparagus Quiche DF Maple Glazed Carrots Sauteed Green Beans Sauteed Spinach Split Pea Soup with Fennel	Yellow Chicken Curry Yellow Tofu Curry Lightly Spiced Basmati Kale with Cumin Seeds Indian Doukabar Soup	Baked Yams Baked Potatoes Warm Rice Salad Steamed Broccoli Cheese Sauce Cashew Sauce Creamy Spinach Soup
DINNER	Sausage, White bean Kale Tofurky White Kale Stew Farro Whipped Squash Sauteed Broccoli Raab Italian Herbed Veggie Soup	Butternut Squash Lasagna White Lasagna with Chicken Garlic Broccoli & Kale Baked Delicata Marinara Sauce Rice Penne Lentil Soup	Herb Roasted Chicken Chickpea Fritter Corn Sauté Brussel Sprouts Herbed Basmati Rice Roasted Garlic Tomato Soup	Shrimp with Capers Tempeh with Capers Basmati Rice Sauteed greens Roasted Beets Cream of Mushroom Soup	Chicken Chassuer White Bean Chassuer Thyme Roasted Fingerlings Braising greens Honey Roasted Turnip Cauliflower Thyme Soup Banana Chocolate Bread	Seafood Paella Veggie Paella Sauteed Arugula Saffron Rice Brussel Sprouts with Carrots Sweet Onion Soup	Korean Chicken Tofu In Ginger Broth Pineapple Purple Rice Mashed Sweet Potato Green Jade Stir Fry Gochujang Veggie Soup Lemon Poppyseed Bread  <i>*Menu items subject to                      change based on                      availability*</i>