

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|---|--|---|--|--|--|
| BREAKFAST | Chive Ricotta & Grape Tomatoes Frittata Herbed Scrambled Tofu Roasted Broccoli GF Oatmeal Steel Cut Oatmeal | GF Blueberry Pancakes GF Plain Pancakes Scrambled Tempeh Hash Cinnamon Maple Syrup Chocolate Hazelnut Spread Steel Cut Oatmeal GF Oatmeal | Scrambled Eggs with Roasted Salmon Plain Scrambled Eggs Home fries with Onions Breakfast Ginger Tofu Steel Cut Oatmeal Quinoa Cream Currant Scones | Poached Eggs on Ranchero Tofu Ranchero Spicy Pinto Beans Smoky Swiss Chard Grated Cheese Avocado Cream GF Oatmeal Millet Cream Coffee Cake | French Toast GF French Toast Thai Scramble Tofu Strawberry Sauce Buttered Maple Syrup GF Oatmeal Steel Cut Oatmeal | Summer Veggie Frittata DF Summer Veggie Frittata Turkey Sausage Tofurky Sausage Steel Cut Oatmeal GF Oatmeal Blueberry Muffins | Poached Eggs on Spinach Sweet Potato Home Fries Confetti Tofu Scramble Upma Steel Cut Oatmeal GF Oatmeal Ginger Scones |
| LUNCH | Red Beans and Rice African Peanut Stew with Chicken Vegan African Peanut Stew Braised Collard Greens Spiced Plantains North African Veggie Soup | Blue Cheese Bacon Burgers Vegan Veggie Burgers Brioche Bun/ GF Rolls Sauteed Mushrooms Caramelized Onions Baked Potato Fries Herbed Mayo Ketchup Corn Chowder | Caprese Mac and Cheese GF Mac and Cheese Sweet- Tater- Roni Pomegranate Arugula Brussel Sprouts Creamy Spinach Soup | BBQ Chicken BBQ Tempeh Herbed Potato Salad Creamy Slaw Watermelon Braising Greens Peach Soup | Turkey Meatballs Vegan Meatballs (chickpea) Marinara Sauce Ciabattas Black Olive Shredded Mozzarella Cauliflower Thyme Soup | Yellow Curry Chicken Yellow Curry Tofu Lightly Spice Basmati Rice Kale with Cumin Seeds Indian Doukabar Soup | Summer Chili Summer Chili with Turkey Sauteed Green Cheddar Scallion Scone Fresh Green Beans Creamy Corn & Sweet Potato Soup |
| DINNER | Green Chili Shrimp Green Chili White Beans Cilantro Lime Rice Sauteed Kale with Smoked Paprika Corn Sauté | Eggplant Parm Casserole Vegan Eggplant Parm Vegetable Medley Garlic Bread Sauteed Spinach Summer Minestrone Chocolate PB Squares | Summer Marbella Chicken Summer Marbella Tofu Rosemary Potatoes Sauteed Kale With Roasted Tomatoes Roasted Asparagus Summer Squash Soup Brownies | Feta & Herbed Salmon Vegan Feta Chickpea Fritter Lemon Yogurt Sauce Roasted Quinoa Sugar Snap Peas Roasted Baby Carrots Creamy Asparagus Soup Thumbprint Cookies | Mandarin Chicken Mandarin Tempeh Fried Rice Fried Rice with Egg Roasted Broccoli Sweet Chili Miso Scallion Broth Peanut Butter CC Bread | Cod with Roasted Artichokes Porto w/ Roasted Artichokes Roasted Fingerlings Sauteed Chard Asparagus Tomato Basil Soup | Fried Chicken Country Fried Tofu Baked Beans Pomegranate Collard Greens Vegan Gravy Mashed Potatoes Gumbo Lemon Poppyseed Bread <i>*Please note, menu items subject to change based</i> |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|---|---|---|--|---|--|
| BREAKFAST | <p>Corn & Potato Frittata House-Made Sausage Tofurky Sausage Steel Cut Oatmeal Quinoa with Dates</p> | <p>GF Strawberry CC Pancakes Plain GF Pancakes Herbed Scrambled Tofu Scrambled Eggs Maple with Cinnamon Millet Cream GF Oatmeal</p> | <p>Scrambled Eggs with Cream Cheese Scrambled Eggs Home fries Scrambled Tofu Steel Cut Oatmeal GF Oatmeal Currant Scones</p> | <p>Egg in a hole GF Egg in a hole Turkey Hash Tempeh Hash Steel Cut Oatmeal Millet Cream Coffee Cake</p> | <p>French Toast GF French Toast Thai Scramble Tofu Strawberry Sauce Buttered Maple Syrup GF Oatmeal Steel Cut Oatmeal</p> | <p>Sausage, Caramelized Onion Frittata Tempeh, Caramelized Onion Frittata Thai Scrambled Tofu Home Fries Steel Cut Oatmeal GF Oatmeal</p> | <p>Scrambled Eggs Turkey Chili Tortillas Shredded Cheese Saucy Black Beans Steel Cut Oatmeal Quinoa Cream</p> |
| LUNCH | <p>Summer Ratatouille Cheesy Polenta Sautéed Kale Roasted Asparagus Roasted Beets with Fennel Cauliflower Thyme Soup</p> | <p>Taco Burger Southwestern Black Bean Refried Beans Guacamole Sweet Potato Fries Pepper Jack Cheese Salsa Fresca Brioche Buns/GF Rolls Southwestern Cabbage Soup</p> | <p>Teriyaki Chicken Sesame Tofu Pad Thai Noodles Steamed Broccoli Peanut Sauce Sweet Chili Sauce Miso Scallion Broth</p> | <p>Cheese Pizza Vegan Veggie Pizza Supreme Pizza Ceasar Salad Summer Vegetable Soup</p> | <p>Thai Pulled Chicken Thai Crispy Pickled Veggies Sweet Potato Chips Ciabatta Thai Greens Soup</p> | <p>Coconut Lime Chicken Coconut Lime Tofu Purple Rice Carrots & Snap Peas Sautéed Kale Green Gazpacho</p> | <p>Mushroom Cheesesteak Vegan Mushroom Cheesesteak Ciabatta Roasted Cauliflower Sautéed Kale Chilled Strawberry Soup</p> |
| DINNER | <p>Summer Veggie Stir Fry Shrimp Veggie Stir Fry Jasmine Rice Short Grain Brown Rice Garlic Chili Edamame Cold Cucumber Salad Sweet & Sour Mushroom Soup</p> | <p>Tortellini with Mushroom Piccata Sauce Rice Penne with Mushroom Piccata Sauce Broccoli Rabe Garlic Bread Summer Minestrone Chocolate PB Squares</p> | <p>Strawberry BBQ Chicken Strawberry BBQ Tofu Roasted Fingerlings Swiss Chard Sautéed Cauliflower Chilled Peach Soup Brownies</p> | <p>Green Curry Salmon Green Curry Tofu Basmati Rice Green Jade Stir Fry Coconut Yam Soup Thumbprint Cookies</p> | <p>Roasted Chicken W/ Spicy Peaches Roasted Tofu W/ Spicy Peaches Roasted Asparagus Sautéed Swiss Chard Summer Squash Soup Peanut Butter CC Bread</p> | <p>Miso Cod Miso Tempeh Farro Sautéed Bok Choy Roasted Baby Carrot Mushroom Lemon Soup Chocolate Raspberry Rice Pudding</p> | <p>Persian Chicken Persian Tempeh Saffron Rice Roasted Eggplant Sautéed Spinach Chilled Mango Soup Lemon Poppy Seed Bread <i>*Please note, menu items subject to change based on availability*</i></p> |