



A FALL/WINTER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Quinoa Cream Steel Cut Oats Biscuits Steamed Greens Cranberry Compote Turkey Sausage Scrambled Eggs Tofu Scramble	Gluten Free Oatmeal Steel Cut Oats Scrambled Eggs Pumpkin Spiced Pancakes Cherry Mustarda Cinnamon Maple Syrup	Gluten Free Oatmeal Steel Cut Oats Tempeh & Butternut Frittata Sausage & Butternut Frittata Herbed Scrambled Tofu Baked Apple Walnut Crisp	Millet Cream Steel Cut Oats Poached Eggs on Hash Ginger & Scallion Tofu Upma Coffee Cake	Gluten Free Oatmeal Steel Cut Oatmeal Chai French Toast GF Chai French Toast Scrambled Eggs Thai Scrambled Tofu Apple Compote Cinnamon Maple Syrup	Quinoa Cream Steel Cut Oats Cauliflower, Bacon & Cheese Frittata Cauliflower, Fakin Bacon Frittata Upma Confetti Scrambled Tofu Blueberry Muffins	Gluten Free Oatmeal Steel Cut Oats Scrambled Egg Herbed Scrambled Tofu Bagels/ GF Bagels Homefries Ginger/Currant Scones
Lunch	GF Buttermilk Mac & Cheese with Kale Buttermilk Mac & Cheese with Kale Vegan Squash-A-Roni Roasted Tomatoes Shredded Brussel Sprouts Soup: Creamy Spinach	Curried Salmon Burger GF Veggie Burger Brioche/GF Rolls Sweet Potato Fries Sauteed Arugula & Spinach Mango Chutney Dill & Caper Mayo Soup: Lemony Lentil Dahl	Tofu in Tamari Ginger Broth Korean Chicken Green Jade Stir Fry Roasted Fingerlings Mashed Butternut Soup: Coconut Yam	Moroccan Meatballs Moroccan Sunballs Pita Bread Cous Cous with Feta Quinoa with Mint Lemony Yogurt Sauce Chermoula Sauce Baba Ghanoush Kale, Sundried Tomatoes Soup: Moroccan Harira	Chicken Burritos Vegan Jackfruit Burritos Lime Scallion Rice Spicy Pinto Beans Kale With Paprika Guacamole Salsa Fresca Sour Cream Soup: Chipotle Corn Chowder	Vegan Pumpkin Chili Turkey Pumpkin Chili Roasted Millet Sauteed Chard Roasted Green Beans Sour cream Corn Bread Soup: Vegan Black Bean	Chicken Pot Pie Vegan Tofu Pot Pie Butternut & Cranberry Pilaf Roasted Maple Thyme Glazed Carrots Kale With Roasted Tomatoes Soup: Broccoli Feta
Dinner	Vegan Gumbo Chicken & Shrimp Gumbo Brown Basmati with Herbs Collards with Pumpkin Seeds Cream Corn Corn Bread Soup: Potato & Apple	Polenta Casserole Rice Penne Marinara Sauce Vegan Pesto Sauce Sauteed Broccoli Rabe Garlic Bread Soup: Vegan Squash Bisque Chocolate Peanut Butter Bars	Tempeh with Rosemary & Grapes Chicken with Rosemary & Grapes Roasted Quinoa Kale with Beets Baked Delicata Soup: Cauliflower Thyme Brownies	Long Grain Brown Rice Mediterranean Tempeh Mediterranean Cod Baked Goat Cheese Sauteed Arugula Creamy Artichoke Hearts Soup: Zucchini Basil Bisque Raspberry Thumbprint Cookies	Braised Apple Cider & Sage Chicken Braised Apple Cider & Sage Tempeh Roasted Fingerlings Roasted Beets with Fennel Sauteed Kale with Zucchini Soup: Creamy Mushroom Banana Chocolate Welcome Bread	Roasted Quinoa Mushroom Putenesca Salmon Putenesca Braising Greens Roasted Cauliflower Roasted Fennel with Lemon Zest Soup: Squash Bisque Apple Crisp	Fall Turkey Meatloaf Vegan Lentil Loaf Vegan Mashed Potatoes Vegan Gravy Sauteed Spinach Peas & Carrots Soup: Creamy White Bean Pumpkin Welcome Bread *Please note, menu items subject to change based on availability. *



B WEEK FALL/WINTER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Quinoa Cream Steel Cut Oats Scrambled Eggs with Turkey Bacon Scrambled Eggs with Fakin Bacon Homefries Herb Scramble Tofu	Millet Cream Steel Cut Oats Scrambled Eggs Apple Spiced Pancakes Vegan Tempeh Hash Cinnamon Walnut Syrup	Gluten Free Oatmeal Steel Cut Oats Salmon & Cream Cheese Frittata Scrambled Tofu with Chard Sweet Potato Homefries	Millet Cream Steel Cut Oats Poached Eggs on Salsa Verde Scrambled Tofu with Salsa Verde Potato & Corn Hash Avocado Creme Shredded Cheese Coffee Cake	Gluten Free Oatmeal Steel Cut Oatmeal Scrambled Eggs Chai French Toast GF Chai French Toast Thai Scrambled Tofu Apple Compote Cinnamon Maple Syrup	Quinoa Cream Steel Cut Oats Fall Veggie Frittata Herbed Scrambled Tofu Upma Blueberry Muffins	Gluten Free Oatmeal Steel Cut Oats Scrambled Eggs Scrambled Tofu Home Fries Turkey/Soy Sausage Bagels/ GF Bagels Cream Cheese Ginger Scones
Lunch	Poulet DG Jackfruit DG Jollof Rice Braised Collards Roasted Plantains Corn Bread Soup: Roast Sweet Potato	Feta Spinach Burger Veggie Burger Brioche or GF Rolls Sauteed Watercress & Arugula Baked Potato Fries Caramelized Onions Vegan Pesto Sauce Soup: Puree of Onion	Teriyaki Chicken Sesame Tofu House Fried Rice Roasted Broccoli Sauteed Spinach with Snow Peas Sweet Chili Sauce Spicy Mustard Sauce Soup: Miso Scallion Broth	Cheese Pizza Vegan Cheese Pizza Hawaiian Chicken Pizza Vegan Mushroom Miso Pizza Braising Greens Caesar Salad Soup: Veggie Barley	Korean BBQ Sloppy Joes Korean BBQ Tempeh Joes Brioche or GF Rolls Sweet Potato Fries Bok Choy with Radish Corn & Pepper Sauté Pickled Veggies Soup: Kimchi Jjigae	White Chicken Chili Vegan White Chili Herbed Basmati Rice Kale with Roasted Tomatoes Roasted Carrots with Cumin Tortilla Chips Sour Cream Shredded Cheese Soup: Tomato Cabbage	Punjabi Lentil Dahl Vegetable Biryani Punjabi Vegetables Sauteed Kale with Smoke Paprika Naan Bread Cucumber Raita Mango Chutney Soup: Mulligatawny
Dinner	Chicken Sausage & Kale Stew Tofurky Sausage & Kale Stew Herbed Farro Pilaf Whipped Butternut Sauteed Broccoli Raab Soup: Vegetable Herb	Butternut Squash Lasagna Pulled Chicken Lasagna Rice Penne Marinara Sauce Kale with Broccoli Baked Delicata Soup: Italian Lentil Chocolate Peanut Butter Bars	Pumpkin Turkey Shepard’s Pie Vegan Mushroom Casserole Roasted Turnips Sauteed Chard Roasted Beets with Fennel Soup: Cauliflower Thyme Brownies	Moroccan Chickpea Fritters Moroccan Glazed Salmon Roasted Quinoa Roasted Eggplant Moroccan Spiced Carrots Soup: Moroccan Chickpea Thumbprint Cookies	Cider Braised Chicken with Apples & Turkey Bacon Cider Braised Tofu with Apples and Fakin Bacon Warm Kale Salad Rosemary Potatoes Spiced Acorn Squash Soup: Carrot Ginger Banana Chocolate Welcome Bread	Spicy Coconut Salmon Stew Spicy Coconut Tofu Stew Basmati Rice Roasted Broccoli Garlic Green Beans Sauteed Spinach Soup: Curried Split Pea Mixed Berry Crisp	Panko Dijon Chicken Panko Dijon Tofu Roasted Cous Cous Roasted Baby Carrots Sauteed Arugula & Watercress Cranberry Orange Compote Soup: Roasted Garlic & Potato Lemon Poppyseed Welcome Bread *Please note, menu items subject to change based on availability.*