



## A WEEK SPRING/SUMMER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Cottage Cheese Frittata w/Roasted Summer Squash and Herbs Herbed Scrambled Tofu Roasted Broccoli Rosemary Fingerlings GF Oatmeal Steel Cut Oatmeal	GF Blueberry Pancakes GF Plain Pancakes Scrambled Tempeh Hash Cinnamon Maple Syrup Chocolate Hazelnut Spread GF Oatmeal Steel Cut Oatmeal	Scrambled Eggs with Smoked Salmon Cream Cheese Plain Scrambled Eggs Home fries with Onions Baked Oatmeal with Berries 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	Crème Brule French Toast GF French Toast Thai Scramble Tofu Strawberry Sauce Buttered Maple Syrup GF Oatmeal Steel Cut Oatmeal	Summer Veggie Frittata Vegan Frittata Turkey Sausage Tofurky Sausage Steel Cut Oatmeal GF Oatmeal Blueberry Muffins	GF Oatmeal Steel Cut Oatmeal Scrambled Eggs with Spinach & Leeks Sweet Potato Home Fries Confetti Tofu Scramble Upma Bagels & Cream Cheese GF bagels & Vegan Cream Cheese 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	Rubeen Turkey Burgers Vegan Veggie Burgers Brioche Bun/ GF Rolls Sauerkraut Caramelized Onions Baked Potato Fries Russian Dressing Ketchup Corn Chowder	Summer Corn & Turkey Bacon Mac and Cheese GF Mac and Cheese Sweet- Tater- Roni Sautéed Arugula & spinach Shaved Brussel Sprouts w/ pomegranate molasses Creamy Spinach Soup	BBQ Chicken BBQ Tempeh Herbed Potato Salad Corn on the Cob Creamy Slaw Watermelon Braising Greens Peach Soup	Thai Pulled Chicken Thai Crispy Tofu Pickled Veggies Sweet Potato Chips Sautéed Arugula Ciabatta Thai Greens Soup	Summer Turkey Chili w/ Cornbread Dumplings Summer Veggie Chili with Cornbread Dumplings Sautéed Greens Fresh Green Beans Sour Cream Guacamole Chilled Watermelon Soup	Pesto Chicken & Mushroom White Bean & Mushroom & Pesto Vegetable Rice Sautéed Greens Roasted Cauliflower Gluten Free Penne Pasta Chilled Mango Soup
Dinner	Green Chili Shrimp Pasole Green Chili White Beans Cilantro Lime Rice Sautéed Kale with Smoked Paprika Corn Sauté	Hungarian Chicken Goulash Hungarian Jackfruit Goulash Vegetable Medley GF Herbed Spatzle Sautéed Spinach Borscht	Summer Marbella Chicken Summer Marbella Tofu Rosemary Potatoes Sautéed Kale With Roasted Tomatoes Roasted Asparagus Summer Squash Soup Brownies	Pineapple Roasted Salmon w/Sweet and Sour glaze Vegan Chickpea Fritter w/Red Curry Vegan Mayo Pineapple Purple Rice Sugar Snap Peas Roasted Baby Carrots Creamy Asparagus Soup Thumbprint Cookies	Yellow Curry Chicken Yellow Curry Tempeh Spiced Jasmine Rice Sautéed Kale Roasted Broccoli w/ Toasted Garlic Mango Chutney Indian Doukabar Soup Peanut Butter CC Bread	Roasted Salmon w/ Lemon, Garlic and Rosemary. Roasted Tofu w/ Lemon Garlic and Rosemary Roasted Fingerlings Sautéed Chard Asparagus Tomato Basil Soup Peach and Mixed Berry Crisp	Fried Chicken Country Fried Tofu Baked Beans Pomegranate Collard Greens Vegan Gravy Twice Baked Mashed Potatoes Gumbo Lemon Poppyseed Bread *Please note, menu items subject to change based on availability.*



## B WEEK SPRING/SUMMER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	<p>Corn Potato &amp; Cottage Cheese 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 Caramelized Onions &amp; Sausage Scrambled Eggs Scrambled Tofu Home fries Upma 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>Crème Brule French Toast GF French Toast Thai Scramble Tofu Strawberry Sauce Buttered Maple Syrup GF Oatmeal Steel Cut Oatmeal</p>	<p>Mushroom &amp; Swiss Frittata Vegan Mushroom Frittata Home Fries Steamed Mixed Greens Steel Cut Oatmeal GF Oatmeal</p>	<p>GF Oatmeal Steel Cut Oatmeal Scrambled Eggs with Spinach &amp; Leeks Sweet Potato Home Fries Confetti Tofu Scramble Upma Bagels &amp; Cream Cheese GF bagels &amp; Vegan Cream Cheese Ginger Scones</p>
Lunch	<p>Buffalo Chicken Buffalo Lentil "Risotto" Mashed Potatoes Cole Slaw Corn on the Cob Blue Cheese Sauce Creamy Cauliflower Soup</p>	<p>Dill Salmon Burger Black Bean Burger Cajun Sweet Potato Wedge Southern Black-Eyed Peas Braised Collard Greens Garlic Lemon Aioli Brioche Buns/GF Rolls Southwestern Cabbage Soup</p>	<p>Honey Soy Glazed 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 Braising Greens Summer Vegetable Soup</p>	<p>Moroccan Meatballs Moroccan Sunballs Sauteed Kale Pita Bread Cous Cous/ Quinoa Moroccan Chickpea Soup</p>	<p>Chicken Vindaloo Indian Butter Chickpea Star Anise spiced Basmati Rice Carrots &amp; Snap Peas Sauteed Kale Green Gazpacho</p>	<p>Veggie Lasagna Roasted Veggie Medley Roasted Asparagus Garlic Bread Marinara Sauce Pesto Sauce Chilled Strawberry Soup</p>
Dinner	<p>Summer Veggie Stir Fry Shrimp Veggie Stir Fry Jasmine Rice Short Grain Brown Rice Garlic Chili Sugar Snap Cold Cucumber Salad Sweet &amp; Sour Mushroom Soup</p>	<p>Chicken Pesto Pasta Mushroom Pesto Pasta Broccoli Rabe Summer Squash &amp; Green Beans Garlic Bread Summer Minestrone Chocolate PB Squares</p>	<p>Yassa Poulet Yassa Tofu Jollof Rice Spiced Plantains Roasted Asparagus Sauteed Swiss Chard Summer Squash Soup</p>	<p>Green Curry Salmon Green Curry Tofu Basmati Rice Green Jade Stir Fry Coconut Yam Soup Thumbprint Cookies</p>	<p>Mexican Street Corn Chicken Mexican Street Corn Chickpea Fritter Cilantro lime rice Mashed Sweet Potato Sauteed Arugula &amp; Watercress Chilled Peach Soup</p>	<p>Greek Salmon Greek Porto Lemon Potatoes Sauteed Chard Roasted Baby Carrot Potato Leek Soup Peach and Mixed Berry Crisp</p>	<p>Persian Chicken Persian Tempeh Saffron Rice Roasted Eggplant Sauteed Spinach Chilled Mango Soup Lemon Poppy Seed Bread</p> <p><b>*Please note, menu items subject to change based on availability.*</b></p>