Kripalu®

FALL/WINTER MENU - A WEEKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Quinoa Steel Cut Oats Scrambled Eggs Buttermilk Biscuits Turkey Sausage Steamed Greens Scrambled Tofu	Gluten Free Oatmeal Steel Cut Oats Pumpkin Spiced Pancakes Scrambled Tofu Scrambled Eggs Cranberry Compote Cinnamon Maple Syrup	Gluten Free Oatmeal Steel Cut Oats Scrambled Eggs with Smoked Salmon and Cream Cheese Scrambled Eggs Confetti Scrambled Tofu Apple Walnut Bake	Millet Cream Steel Cut Oats Poached Eggs on Hash Grilled Ginger Tofu Upma Coffee Cake	Gluten Free Oatmeal Steel Cut Oatmeal Crème Brulé French Toast Chai French Toast Apple Compote Cinnamon Maple Syrup Scrambled Tofu	Quinoa Cream Steel Cut Oats Tomato, Cheddar, & Cottage Cheese Vegan Veggie Frittata Tofurky Sausage Chicken Sausage Home Fries	Gluten Free Oatmeal Steel Cut Oats Bagels with Cream Cheese Scrambled Eggs Scrambled Tofu (V, GF)
Lunch	Buttermilk Mac & Cheese With Baby Kale Buttermilk Mac & Cheese With Baby Kale Squash-A Roni Plum Tomatoes Brussel Sprouts Soup: Creamy Spinach	Spinach Feta Turkey Burger Vegan Black Bean Burger Sweet Potatoes Fries Braising Greens Herbed Mayo Caramelized Onions Soup: Potato Corn Chowder	Korean Chicken Tofu in Tamari Ginger Mashed Butternut Squash Green Jade Stir Fry Fingerling Potatoes Soup: Coconut Yam	Turkey Moussaka Tempeh Moussaka Pita bread Sauteed Chard Bechamel Sauce Roasted Millet with Herbs Soup: Chickpea Veggie	Chicken Burrito Veggie Burrito Cilantro Lime Rice Spicy Pinto Beans Kale with Paprika Guacamole Salsa Fresh Sour cream Chipotle Corn Chowder	Pumpkin Chili Turkey Pumpkin Chili Sauteed Kale Green Beans Sour Cream Grated Cheese Soup: Black Bean	Chicken Pot Pie Tofu Pot Pie Long Grain Brown Rice Brussel Sprouts Sauteed Kale with Tomatoes Soup: Broccoli Feta
Dinner	Shrimp & Chicken Gumbo Tempeh Jackfruit Gumbo Roasted Brown Rice Creamed Corn Collard Greens Soup: Fall Potato & Apple	Polenta Casserole Marinara Sauce Rice Penne Pesto Sauce Garlic Bread Sauteed Broccoli Rab Soup: Squash Bisque	Chicken Grapes & Rosemary Tempeh Grapes & Rosemary Baked Delicate Squash Sauteed Kale & Beets Roasted Quinoa Soup: Cauliflower Thyme Brownies	Mediterranean Salmon Mediterranean Tempeh Herbed Goat Cheese Brown Basmati Sauteed Arugula Soup: Zucchini Basil Thumbprint Cookies	Chicken with Apples & Turkey Bacon Tofu with Apples & Fakin Bacon Roasted Fingerlings Roasted Beets Sauteed Rainbow Chard Soup: Creamy Mushroom Banana Chocolate Welcome Bread	Salmon Putanesca Mushroom Putanesca Braised Greens Roasted Cauliflower Green Beans Soup: Squash Bisque Apple Crisp	Fall Turkey Meatloaf Lentil Loaf Mashed Potatoes Vegan Gravy Peas and Carrots Soup: Creamy White Bean ***Please note, menu items subject to change based on availability. ***

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FALL/WINTER MENU – B WEEKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Quinoa Cream with Dates 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 Tofurky Sausage Turkey Sausage Cinnamon Walnut Syrup	Gluten Free Oatmeal Steel Cut Oats Spinach, Artichoke, & Cream Cheese Frittata Vegan GF Frittata Homefries	Millet Cream Steel Cut Oats Poached Eggs on Ranchero Scrambled Tofu Ranchero Potato & Corn Hash Avocado Crème Sour Cream 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	Buffalo Pulled Chicken Buffalo Lentil Risotto Corn on the Cob Kale with Sundried Tomatoes Vegan Mashed Potatoes Creamy Slaw Blue Cheese Dressing Soup: Creamy Cauliflower	Dill Salmon Burger Black Bean Burger Brioche or GF Rolls Braised Collards Cajun Sweet Potato Fries Southern Black-Eyed Peas Garlic Aioli Soup: Tomato Cabbage Soup	Honey Tamari Chicken Orange Sesame Tofu Pad Thai Noodles Roasted Broccoli Sweet Chili Sauce Peanut Sauce Soup: Miso Scallion Broth	Cheese Pizza Vegan Cheese Pizza Chicken, Kalamata, Broccoli Pizza Vegan Mushroom Miso Pizza Braising Greens Caesar Salad Soup: Fall Minestrone	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 Berry Bars	Butternut Squash Lasagna Turkey Lasagna Rice Pene Marinara Sauce Kale with Broccoli Baked Delicata Soup: Italian Lentil Blueberry Cornbread Cobbler	Pumpkin Turkey Shepard's Pie Vegan Mushroom Casserole Roasted Turnips Sauteed Chard Roasted Beets with Fennel Soup: Creamy White Bean	Moroccan Chickpea Fritters Moroccan Glazed Salmon Roasted Quinoa with Mint 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	Persian Chicken Persian Tempeh Saffron Rice Roasted Eggplant Sauteed Spinach & Watercress Soup: Roasted Garlic & Potato Lemon Poppyseed Welcome Bread ***Please note, menu items subject to change based on availability.***