

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs Turkey Sausage Gravy Tempeh Gravy Cranberry Chutney Quinoa With Dates Steamed Greens Biscuits Steel Cut Oatmeal Walnut Scones	Beet & Apple Pancakes Oatmeal Scrambled Eggs Cinnamon Maple Syrup Quinoa Cream GF Oatmeal	Potato Pesto Frittata Baked Apples Scrambled Tofu GF Oatmeal Steel Cut Oatmeal Cranberry Pecan Scones	Poached Eggs on Hash Italian Sausage Upma Scrambled Tofu Steel Cut Oatmeal Millet Cream With Figs Blackberry Muffins	Chai French Toast Gluten Free Chai French Toast Hazelnut Spread Thai Scrambled Tofu Scrambled Eggs Steel Cut Oatmeal GF Oatmeal Apple Compote	Corn and Potato Frittata Turkey Sausage Soy Sausage Italian Sausage Upma Millet Cream Steel Cut Oatmeal Chocolate Banana Muffins	Scrambled Eggs with Leeks, Spinach, Goat Cheese Sweet Potato Home Fries Herbed Tofu scramble GF Oatmeal Breakfast Grits Ginger Scones
LUNCH	Spiced Pumpkin Soup Vegan Punjabi Lentil Dahl Punjabi Veggies Kale with Cumin Seeds Vegetable Biryani Spiced Chickpeas Mango Chutney Sweet Potato Raita	Green Chili with Chicken Vegan Green Chili Kale with Smoked Paprika Cilantro Lime Rice Spiced Black Beans Chipotle Corn Chowder	Roasted Red Quinoa Vegan Mushroom Burgundy Rosemary Potatoes Green Bean Amandine Sauteed Greens with Sundried Tomatoes Creamy Broccoli Feta Soup	Fried Rice Fried Rice With Egg Teriyaki Chicken Sesame Tofu Roasted Broccoli Scallion Miso Broth	Mac and Cheese GF Mac And Cheese Squash-A-Roni Sauteed Spinach Brussel Sprouts Tomato Basil Soup	Chicken Pumpkin Stew Vegan Pumpkin Stew Roasted Farro Sauteed Spinach Roasted Squashes Creamy White Bean Soup	Barley And Wheat Berry Pilaf Turkey Sausage and Cabbage Soy Sausage and Cabbage Applesauce Steamed Broccoli Borscht
DINNER	Red Pepper Tapenade Fish Nori Fritters Layered Ratatouille Wild and Red Rice Sauteed Arugula Vegan Mushroom Soup Carrot Cake Vegan Carrot Cake	Turkey Meatballs Vegan Sunballs Spaghetti GF Spaghetti Marinara Sauce Primavera Veggies Pesto Sauce Squash Bisque Peanut Butter Bars	Herb Roasted Chicken Chickpea Fritter Veggie Corn Saute Caramelized Brussels Herbed Basmati Rice Barley Mushroom Soup Vanilla Cake	Shrimp Saganaki Tofu Saganaki Sauteed Spinach Roasted Zucchini & Squash Greek Potato Stew Thumbprint Cookies	Hawaiian Chicken Hawaiian Tofu Purple Rice Sweet Potato Fries Swiss Chard Sesame Green Beans Sweet Squash Soup Banana Chocolate Bread	Shrimp Risotto Vegan Risotto Carrots With Tarragon Braised Mushrooms Sauteed Arugula Minestrone Verde Brownies	Fall Turkey Shepard's Pie Vegan Mushroom Casserole Roasted Roots Shredded Brussel Sprouts Sauteed Kale & Green Beans Split Pea Soup Pumpkin Bread <i>*Menu items subject to change based on availability*</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Egg Tofu Scramble Turkey Sausage Tomato Jam Kale and Spinach Biscuits Steel Cut Oatmeal Quinoa Cream Maple Walnut Scones	Strawberry Banana Pancakes Berry Compote Scrambled Eggs Cinnamon Maple Syrup Millet Cream GF Oatmeal	Scrambled Eggs With Leeks And Tarragon Herbed Scrambled Tofu Baked Apples Cranberry Pecan Scones GF Oatmeal Upma	Poached Eggs on Hash Ginger Tofu Steamed Spinach Upma Scrambled Tofu With Chard GF Oatmeal Quinoa Cream Blackberry Muffins	Chai French Toast GF Chai French Toast Cocoa Hazelnut Spread Thai Scrambled Tofu Scrambled eggs Apple Compote Steel Cut Oatmeal GF Oatmeal	Mushroom, Leek & Chevre Frittata Italian Sausage Soy Sausage Steel Cut Oatmeal Quinoa Cream Chocolate Banana Muffins	Ratatouille Scrambled Eggs Scrambled Tofu with Chard Steamed Greens Scrambled eggs Upma Ginger Scones GF Oatmeal Breakfast Grits
LUNCH	Chicken Fajitas Tempeh Fajitas Green Rice Kale With Pepitas Wheat Tortillas Guacamole Salsa Fresca Sour Cream Grated Cheese	Turkey & Feta Burgers Veggie Burgers Baked Sweet Potato Fries Green Beans Caramelized Red Onions Cranberry Cherry Mustard Vegan Potato Corn Chowder	Creamy Herb Polenta Mushroom Ragout Roasted Grape Tomatoes Sauteed Swiss Chard Roasted Zucchini & Squash Potato Leek Soup	Cheese Pizza Buffalo Chicken Pizza Vegan Artichoke Pizza Caesar Salad Braising Greens Onion Soup	Turkey Sloppy Joe Vegan Sloppy Joe Corn Sautee Baked Potato Fries Warm Kale Slaw Cauliflower Cheddar Soup	White Chili with Chicken Vegan White Chili Kale with Roasted Yams Brussel Sprouts Red Rice Sour Cream Tortilla Chops Grated Jack Cheese Roasted Sweet Potato Soup	Baked Yams Baked Potatoes Warm Rice Salad Steamed Broccoli Cheese Sauce Cashew Sauce Creamy Spinach Soup
DINNER	Salmon with Green Curry Tofu with Green Curry Roasted Fingerlings Bok choy And Red Cabbage Roasted Yams With Cumin Roasted Cauliflower Carrot Ginger Soup Carrot Cake Vegan Carrot Cake	GF Vegan Veggie Lasagna Turkey Lasagna Garlic Broccoli & Kale Baked Delicata Marinara Sauce Lentil Soup Peanut Butter Bars	Chicken Piccata Tofu Piccata Mushroom Risotto Butternut Squash Braising Greens Garlic Tomato Soup Vanilla Cake	Shrimp Pad Thai Vegan Pad Thai Peanut Sauce Bok Choy & Broccoli Sesame Tofu Hot and Sour Soup Thumbprint Cookies	BBQ Chicken BBQ Jackfruit Braised Collards Garlic Green Beans Corn on the Cob Cauliflower Thyme Soup Banana Chocolate Bread	Vegan Jambalaya Jambalaya Roasted Asparagus Honey Carrots Sauteed Arugula Vegan Mushroom Soup Brownies	Korean Chicken Tofu In Ginger Broth Pineapple Purple Rice Mashed Sweet Potato Green Jade Stir Fry Gochujang Veggie Soup Pumpkin Bread <i>*Menu items subject to change based on availability*</i>