

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs Turkey Sausage Scrambled Tofu Steel Cut Oatmeal Spicy Refried Beans Oven Roasted Tomato Jam Salsa & Cheese Tortillas	Beet & Apple Pancakes Oatmeal Scrambled Eggs Cinnamon Maple Syrup Quinoa Cream Cranberry Chutney Tofu Scramble	Turkey Bacon Frittata Fakin' Bacon Frittata Baked Apples Home Fries Oatmeal Scrambled Tofu	Poached Eggs on Hash Italian Sausage Upma Scrambled Tofu Steel Cut Oatmeal Millet Cream Steamed Broccoli Pumpkin Walnut Muffins	Citrus French Toast Gluten Free French Toast Mixed Berry Compote Scrambled Tofu Scrambled Eggs Quinoa Cream Oatmeal	Frittata Turkey Sausage Soy Sausage Italian Sausage Scrambled Tofu Oatmeal	Eggs Ranchero Tofu Ranchero Home Fries Avocado Crème Pinto Beans Breakfast Grits Oatmeal
LUNCH	Mac & Cheese Gluten Free Mac & Cheese Vegan Mac & Cheese Roasted Broccoli Sautéed Spinach Maple Brussels Sprouts Creamy Tomato Soup	Turkey Tacos Jackfruit Tacos Kale with spiced pepitas Salsa & Cheese Mexican Green Rice Spicy Pinto Beans Guacamole & Salsa Fresca Southwest Cabbage Soup	Portobello Towers Smoky Swiss Chard Wheat Berry Pilaf Baked Butternut Sautéed Kale Sweet Potato Soup Beets with Fennel	Chicken Pot Pie Empanada Smoked Tofu Empanada Vegan Gravy Herbed Long Grain Rice Honey Glazed Carrots Sautéed Kale Cream of Broccoli Soup	Turkey Sloppy Joes Tempeh Sloppy Joes Baked Potato Fries Kale Slaw Corn on the Cob Cauliflower Cheddar Soup	Moroccan Tagine Creamy Jasmine Rice Roasted Kale Naan Roasted Cauliflower Curry Split Pea & Apple Soup	Barley & Wheat Berry Pilaf Sausage with Fennel Cabbage Applesauce Steamed Broccoli Sour Cream Borscht
DINNER	Tofu Yung Fried Rice with Egg Sesame Chicken Steamed Broccoli Spicy Mustard Sauce Sweet Chili Sauce Sweet & Sour Cabbage Soup Gluten Free Vegan Vanilla Cake	Turkey Lasagna Vegetable Lasagna Garlic Broccoli and Kale Baked Delicata Squash Garlic Bread Creamy White Bean Soup Peanut Butter Bars	Middle Eastern Chicken Sautéed Chard & Broccoli Rabe Jasmine Rice Roasted Spiced Carrots Middle Eastern Tempeh Focaccia Bread Cream of Mushroom Soup Brownies	Shrimp & Chicken Pad Thai Broccoli & Bok Choy Sesame Tofu Edamame Hot & Sour Soup Mocha Cake	Chicken Piccata Tofu Piccata Mushroom Risotto Roasted Butternut Squash Braised Greens Garlic Green Beans Roasted Garlic Tomato Soup Banana Chocolate Bread	Seafood Paella Saffron Rice Vegetable Paella Sautéed Spinach Roasted Zucchini & Squash Garlic Bread Squash Bisque Fruit Crisp	Herb Roasted Chicken Country Baked Tofu Garlic Broccoli & Kale Corn on the Cob Roasted Red Potatoes Herbed Basmati Rice Mushroom Barley Soup Welcome Bread <i>*Menu items subject to change based on availability*</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs Buttermilk Biscuits Steamed Greens Tofu Scramble Turkey Sausage Tomato Jam Quinoa Cream	Strawberry Banana Pancakes Millet Cream Scrambled Eggs Cinnamon Maple Syrup Cranberry Chutney Tofu Scramble Oatmeal	Frittata Tofu Scramble Baked Apples Oatmeal Italian Sausage Soy Sausage	Poached Eggs on Spinach Ginger Tofu Home Fries with Onions Upma Amaranth Cream Pumpkin Walnut Muffins	Citrus French Toast Gluten Free French Toast Mixed Berry Compote Scrambled Tofu Quinoa Cream Oatmeal	Mushroom, Leek & Chevre Frittata Italian Sausage Scrambled Tofu Oatmeal Quinoa Cream Blackberry Muffins	Ratatouille Scrambled Eggs Turkey Potato Hash Breakfast Grits Tofu Scramble Oatmeal Scones
LUNCH	Punjabi Red Lentil Dahl Spiced Basmati Rice Punjabi Vegetables Kale with Cumin Seed Sweet Potato Raita Raisin Date Chutney Spiced Pumpkin Squash Soup	Turkey & Feta Burgers Steve's Veggie Burgers Baked Sweet Potato Fries Green Beans Caramelized Red Onions Cranberry Cherry Mustard Potato Corn Chowder	Creamy Herb Polenta Mushroom Ragout Roasted Grape Tomatoes Sauteed Swiss Chard Roasted Zucchini & Squash Potato Leek Soup	Cheese Pizza Korean BBQ & Pineapple Pizza Broccoli & Kalamata Pizza Braised Greens Lima Bean & Vegetable Soup	Chicken or Tofu Fajitas Cilantro Rice Sauteed Peppers & Onions Spicy Pinto Beans Kale with Spiced Pepitas Cheese, Sour Cream & Salsa Guacamole Tomato Cabbage Soup	Curried Chickpeas Vegetable Biryani Eggplant Tamarind Sauteed Swiss Chard Naan Cucumber Raita Curried Yam Soup	Turkey Chili Vegetarian Chili Red Rice Sauteed Chard Cornbread Sour Cream & Shredded Cheese Creamy Veggie Herb Soup
DINNER	Roasted Yams with Cumin Seed Maple Ginger Tofu Jasmine Rice Gingered Snap Peas Carrot Ginger Soup Roasted Broccoli Vanilla Cake	Vegetable Bolognese Turkey Bolognese Sauteed Arugula Primavera Vegetables Parmesan White Bean & Sausage Soup Peanut Butter Bars	Chicken Marbella Tofu Marbella Herbed Basmati Rice Sauteed Kale Rosemary Roasted Potatoes Creamy Spinach Soup Brownies	Peruvian Shrimp & Rice Peruvian Rice & Tofu Peruvian Corn Sautee Kale & Mustard Seeds Spiced Roasted Carrots Black Bean Soup Mocha Cake	Chicken Italiano Basil Garlic Polenta White Bean Italiano Beets with Fennel Broccolini Sauteed Arugula Minestrone Soup Banana Chocolate Bread	Putanesca White Fish Putanesca Tofu Braised Greens Roasted Cauliflower Potato Leek Soup Fruit Crisp	Shepard's Pie Mushroom Casserole Roasted Roots Balsamic Brussels Sprouts Kale with Green Beans Fresh Herb Split Pea Soup Welcome Bread <i>*Menu items subject to change based on availability*</i>