

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs Turkey Sausage Gravy Tempeh Gravy Tomato Jam Cranberry Chutney Steamed Greens Biscuits Steel Cut Oatmeal Quinoa with Dates	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	Poached Eggs on Hash Italian Sausage Upma Scrambled Tofu Steel Cut Oatmeal Millet Cream with Figs	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	Scrambled Eggs with Leeks, Spinach, Goat Cheese Sweet Potato Home Fries Herbed Tofu scramble GF Oatmeal Breakfast Grits
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	House Fried Rice House Fried Rice with Egg Teriyaki Chicken Sesame Tofu Roasted Broccoli Sweet Chili Sauce Spicy Mustard Sauce Miso Scallion Broth	Mac and Cheese GF Mac and Cheese Vegan Squash-A-Roni Shredded Brussel Sprouts Sauteed Spinach 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	Tofu Satay Chicken Satay Steamed Broccoli Spicy Mustard Sauce Sweet Chili Sauce Hot & Sour Mushroom Soup	Turkey Meatballs Vegan Sunballs Spaghetti GF Spaghetti Marinara Sauce Primavera Veggies Pesto Sauce Squash Bisque	Turkey Meatloaf Vegan Lentil Loaf Mashed Potatoes Vegan Mashed Potatoes Kale with Green Beans Roasted Beets with Fennel Cauliflower Thyme Soup Brownies	Shrimp Saganaki Tofu Saganaki Sauteed Spinach Roasted Zucchini & Squash Greek Potato Stew	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 Vanilla Cake	Fall Turkey Shepard's Pie Vegan Mushroom Casserole Roasted Roots Shredded Brussel Sprouts Sauteed Kale & Green Beans Split Pea Soup Welcome 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	Strawberry Banana Pancakes Berry Compote Scrambled Eggs Cinnamon Maple Syrup Millet Cream GF Oatmeal	Wheat Tortillas Spicy Pinto beans Turkey Sausage Scrambled Eggs Tomato Jam Grated Jack Cheese GF Oatmeal Upma	Poached Eggs on Hash Ginger Tofu Steamed Spinach Upma Scrambled Tofu with Chard GF Oatmeal Quinoa Cream	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	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 Broccoli & Kalamata Pizza Vegan Artichoke Pizza Puree of Onion soup Caesar Salad Vegan Caesar Salad	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	Roasted Yams with Cumin Seed Maple Ginger Tofu Maple Ginger Chicken Broccoli and Bok Choy Carrot Ginger Soup	Veggie Lasagna Turkey Lasagna Garlic Broccoli & Kale Baked Delicata Marinara Sauce Lentil Soup	Chicken Piccata Tofu Piccata Mushroom Risotto Butternut Squash Braising Greens Garlic Tomato Soup Brownies	Shrimp Pad Thai Vegan Pad Thai Peanut Sauce Bok Choy & Broccoli Sesame Tofu Hot and Sour Soup	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	Korean Chicken Tofu In Ginger Broth Pineapple Purple Rice Mashed Sweet Potato Green Jade Stir Fry Gochujang Veggie Soup Welcome Bread <i>*Menu items subject to change based on availability*</i>