

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scramble Eggs Blueberry GF Pancakes GF Pancakes Cinnamon Maple Hazelnut Spread Steel Cut Oatmeal GF Oatmeal	Scrambled Eggs Scramble Eggs with Cream Cheese and Chives Herbed Scrambled Tofu Roasted Broccoli Steel Cut Oatmeal GF Oatmeal	Spinach Goat Cheese Frittata Tempeh Soy Cakes Turkey Sausage Herbed Scrambled Tofu Steel Cut Oatmeal GF Oatmeal	Poached Egg Ranchero Tofu Ranchero Spicy Pinto Beans Smoky Swiss Chard Guacamole Grated Cheese Oatmeal Quinoa Cream	French Toast Gluten Free French Toast Strawberry Sauce Scrambled Eggs Steel Cut Oatmeal Oatmeal	Tomato Basil Frittata Turkey Sausage Soy Sausage Steel Cut Oatmeal Millet Cream	Fajita Scrambled Eggs Scrambled Eggs Spiced Black Beans Avocado Cream Jasmine Rice Wheat Tortilla Oatmeal Steel Cut Oatmeal
LUNCH	Red Beans and Rice African Peanut Stew Braised Green Spiced Plantains	Spiced Turkey Tacos Spiced Jackfruit Taco Corn Taco Shells Guacamole Tomatillo Salsa Kale W/ Spiced Pepitas Habanero Onion Soup Black Bean Corn Salsa	Mushroom Cheesesteak Vegan Mushroom Cheesesteak Baked Potato Fries Roasted Cauliflower Warm Kale Slaw Chilled Strawberry Soup	BBQ Chicken Teriyaki BBQ Tempeh Herbed Potato Salad Creamy Slaw Watermelon Braising Greens Peach Soup	Thai meatballs Thai Sesame Tofu Pickled veggies Roasted Yam Fries Siracha Mayo Baguette Thai Greens Soup	Chicken Tamale Pie Veggie Tamale Pie Green Beans Sour cream Green Rice Guacamole Tortilla Chips	Chilled Spicy Tomato Vegetable Biryani Curry Coconut Chickpeas Sesame Eggplant Kale with Mustard Seeds Spiced Saag Mango Chutney
DINNER	Summer Veggie Stir Fry Short grain brown rice Jasmine Rice Garlic Chili Edamame Gingered Snap Peas	Eggplant Parm Rice Penne/Penne Marinara Sauce Primavera Veggie Pesto Sauce Minestrone	Chicken Caprese Eggplant Caprese Garlic Green Bean Roasted Quinoa Pilaf Roasted Asparagus Chilled Mint Cucumber Soup	Green Curry Salmon Nori Chickpea Fritter Roasted Fingerlings Bok Choy and Cabbage Roasted Cauliflower Carrot Ginger Soup	Coconut Panko Chicken Coconut Panko Tofu Mango Chutney Radishes & Snap peas Sauted Braising Greens Banana Chocolate Bread	Garlic Shrimp Garlic Tempeh White Basmati Roasted Broccoli Roasted Baby Corn Sweet and Sour Soup Vanilla Cake	Fried Chicken Chickpea Fritter Braised Chard Vegan Mashed potatoes Baked beans Gumbo Lemon Poppy Einkorn Bread

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	GF Sweet Potato Pancakes Scrambled eggs Herbed Scramble Tofu Tomatillo salsa Blueberry Sauce Hazelnut Spread Quinoa Cream GF Oatmeal	Scrambled Eggs with Scallions and Dill Scrambled Eggs Soy Sausage Turkey Sausage Steel Cut Oatmeal GF Oatmeal	Summer Vegetable Frittata Scrambled Tofu with Chard Home Fries Sauteed Arugula Steel Cut Oatmeal GF Oatmeal	Poached Eggs on Tomato Ginger Tofu Sweet Potato Home Fries Upma Steel Cut Oatmeal Millet Cream	French Toast Gluten Free French Toast Strawberry Sauce Toasted Coconut Whipped cream Scrambled Eggs Steel Cut Oatmeal Oatmeal	Tomato Cheddar Frittata Italian Sausage Scrambled Tofu Oatmeal Quinoa Cream	Fajita Scrambled Eggs Scrambled Eggs Spiced Black Beans Avocado Cream Tortillas Scrambled Tofu with Chard Steel Cut Oatmeal GF Oatmeal
LUNCH	Summer Chili Herbed Millet Roasted Asparagus Roasted Brussel Sprouts Sauteed Arugula Chilled Watermelon Soup	Turkey Feta Burgers Veggie Burgers Sauteed Green Beans Sweet Potato Fries Caramelized Onions Cranberry Cherry Compote Vegan Potato Corn Soup	Mushroom Casserole Warm Rice Salad Beets With Orange Vinaigrette Local Braising Greens Gazpacho	Chicken Pot Pie Tofu Pot Pie Sauteed Spinach Long Grain and Wild Rice Roasted Broccoli and Cauliflower Fresh Herb Split Pea Soup	Potato and Bacon Quiche Potato and Tempeh Quiche Roasted Asparagus Honey Balsamic Carrots Sauteed Kale & Green Beans Tomato Basil Soup	Spinach Feta Casserole Spinach Casserole Sauteed Zucchini Sauteed Kale & Chard Baby Carrots with Tarragon Cauliflower Thyme Soup	Ciabatta Sausage, Fruit, And Peppers Soy Sausage, Fruit, And Peppers Herbed Potato Salad Shredded Brussels Braised Chard Mardi Gras Slaw Chilled Mango Soup
DINNER	Tamari Ginger Tofu Jasmine rice Spicy Peanut Sauce Roasted Broccoli Sauteed Watercress Sweet And Sour Cabbage Soup	Vegetable Bolognese Penne Pasta Rice Penne Pasta Green Bean Amandine Pesto Minestrone Soup	Chicken Marbella Tofu Marbella Sauteed Kale Roasted Potatoes Asparagus Summer Squash Soup	Moroccan Glazed Salmon Chickpea Stew Saffron Cous Cous Za'atar Carrots Sauteed Kale Lemony Red Lentil Dahl	Honey Lemon Chicken Honey Lemon Tofu Asparagus Herbed Fingerlings Sauteed Arugula Chilled Peach Soup Banana Chocolate Bread	Green Curry Shrimp Green Curry Tofu Green Jade Stir Fry Lightly Spice Rice Roasted Brussel Thai Melon Soup	Fried Fish Chickpea Fritter Baked Potato Fries Tartar Sauce Broccoli Rab Creamy Vegetable Soup Welcome Bread

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