

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Quinoa & Amaranth Steel Cut Oats Buttermilk Biscuits Steamed Greens Tomato Jam Turkey Sausage Scrambled Eggs Tofu Scramble	Amaranth Cream Steel Cut Oats Quinoa Crusted Quiche Home Fries Turkey Sausages Soy Sausages Walnut Scones Currant Scones	Gluten Free Oatmeal Steel Cut Oats Gluten Free Sweet Potato Pancakes Plain Gluten Free Pancakes Chocolate Hazelnut Spread Blueberry Compote Baked Grapefruit	Amaranth Cream Steel Cut Oats Poached Eggs on Spinach Grilled Ginger Tofu on Spinach Roasted Red Potatoes Upma Triple Berry Muffins	Millet Cream Steel Cut Oatmeal Scrambled Eggs, Watercress, Ricotta Scrambled Eggs Thai Scrambled Tofu Sweet Potato Home Fries Ginger Scones	Quinoa Cream Steel Cut Oats Asparagus & Swiss Frittata Asparagus Frittata Turkey or Veggie Sausage Chocolate Banana Muffins	Gluten Free Oatmeal Steel Cut Oats Squash, Tomato & Chevre Scramble Scrambled Tofu, Kale Pesto, Fennel Home Fries Ginger Scones Currant Scones
LUNCH	Creamy Polenta Ratatouille Roasted Asparagus Fennel, Sultanas, Chili Sauteed Arugula & Dandelion Greens Beets & Chevre Vegan Waldorf Salad Soup: Spring Pea & Mint	Blue & Yellow Corn Tortillas Arroz Verde Spiced Turkey Spiced Jackfruit “Refried” Pinto Beans Sauteed Kale, Spiced Pepitas Guacamole Salsa Fresca Soup: Tomato Cabbage	House Naan Biryani Coconut Chana Saag Sesame Eggplant & Tamarind Sauteed Swiss Chard Cucumber Raita Tamarind Sauce Soup: Spiced Ginger & Carrot	Roasted Red Quinoa Asparagus, Red Beans & Chevre Vegan Sweet Potato Green Chili Creamy Corn Chimichurri Sauce Kale, Sundried Tomatoes Soup: Basil Veggie	House Ciabatta BBQ Pulled Turkey BBQ Pulled Jackfruit Herbed Potato Salad Sauteed Corn & Peppers Sauteed Kale Creamy Red Cabbage Slaw Soup: Cauliflower Cheddar	Pineapple Purple Rice Red Veggie Curry Steamed Edamame Asian Noodle Salad Green Jade Stir Fry Soup: Thai Greens	Corn Bread African Peanut Stew Spiced “Fried” Plantains Kidney Beans & Rice Braised Greens Raw Jicama Salad Soup: North African Style Veggie
DINNER	Warm Rice & Herb Salad Corn Fritters, Chipotle Aioli Cauliflower/Raisin Gremolata Sauteed Arugula, Turkey Bacon Roasted Brussels Sprouts, Almonds Black Bean & Mango Salsa Soup: Lemony Carrot & Fennel Vanilla Cake, Raspberry Coulis	Orecchiette/Rice Penne Tomato Butter Bean Ragout Vegan Cashew “Alfredo” Sauteed Spinach & Watercress Primavera Veggies Sorrel Pesto Whipped Ricotta Vegan Parmesan Soup: Minestrone	Red Beans & Rice Jerk Chicken Jerk Tofu Pea & Carrot Curry Crispy Brussels Sprouts Stewed Okra Citrus Slaw Soup: Caribbean Spiced Stew Gluten Free Vegan Brownies	Saffron Rice Roasted Fish, Sauce Verte, Fennel Roasted Tofu, Sauce Verte, Fennel Roasted Fingerling Potatoes Smokey Kale Eggplant, Tomato & Raisin Salad Soup: Black Bean	Spring Pea & Leek Risotto Grilled Mustard Basil Chicken Grilled Portobello Mushrooms, Tomato Caper Salsa, Pesto Roasted Zucchini, Mint Sauteed Broccoli Rabe Tuscan Style Bean Ragout Soup: Vegan Cream of Broccoli Banana Chocolate Welcome Bread	Quinoa Salad Seared Mahi Mahi, Chimichurri Sauce Spiced Black Bean Cake, Chimichurri Sauce Roasted Purple Potatoes Sauteed Arugula Creamy Corn Chili Soup: Black Eyed Pea Peach & Blueberry Crisp	Yogurt Mashed Potatoes Quinoa Pilaf Turkey Meatloaf, Tomato Jam Lentil Loaf, Tomato Jam Vegan Gravy Broccoli, Kale, Garlic Peas & Carrots Soup: Lima Bean Hibiscus Welcome Bread