### What’s Cooking This Week...

#### Week 3

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Vegan Entrée</th>
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</thead>
<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td>Lemon Thyme Chicken Breast with Mango Relish served with Roasted Sweet Potatoes and Asparagus</td>
<td>Traditional Pot Roast served with Mashed Root Vegetables and Carrots &amp; Peas</td>
<td>Spinach, Artichoke and Buckwheat Stuffed Portobello Mushroom with Lemon Thyme Vinaigrette served with Simple Arugula Salad</td>
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<td><strong>Monday</strong></td>
<td>Quinoa Taco Bowl with Pulled Chicken, Lettuce, Pico de Gallo, Avocado, “Sour Cream” served with Corn Crisps and Roasted Corn &amp; Vegetable Salad</td>
<td>Sautééd Chicken Piccata served with Herb Roasted Red Skin Potatoes and Sautééd Green Beans</td>
<td>Quinoa Taco Bowl with Stewed Black Beans, Lettuce, Pico de Gallo, Avocado, “Sour Cream” with Corn Crisps and Roasted Corn &amp; Vegetable Salad</td>
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<td><strong>Tuesday</strong></td>
<td>BBQ Pulled Pork Butt with Caramelized Onions served with Butternut Squash Mac &amp; Cheese and Shaved Cabbage Slaw</td>
<td>Carved Cajun Roasted Turkey Breast served with Wild Rice Pilaf and Ratatouille</td>
<td>All Day Vegan House-made Potato Parsnip Gnocchi with Wild Mushroom Ragout and Broccoli Rape</td>
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<td><strong>Wednesday</strong></td>
<td>Greek Roasted Chicken served with Pesto Soft Polenta and “Parmesan” Roasted Brussels Sprouts</td>
<td>Cuban Beef Picadillo over House Made Arepa with Chimichuri Sauce, Salsa Roja and Roasted Pineapple &amp; Spinach Salad</td>
<td>Tuscan White Bean Cakes with Fresh Tomato Basil Sauce served with Pesto Soft Polenta and “Parmesan” Roasted Brussels Sprouts</td>
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<td><strong>Thursday</strong></td>
<td>Loaded Nachos – Lean Turkey, Corn Tortilla, Butternut Cheese Sauce, Spanish Rice, Pinto Beans, Lettuce, Red Onion, Chipotle Crema and Pico de Gallo served with Spicy 3 Bean Salad</td>
<td>Turkey and Brown Rice Meatball Stroganoff served with GF Herbed Pasta and Glazed Carrots</td>
<td>Lentil and Cauliflower “Meat” Loaf served with Butternut Squash Mac &amp; Cheese and Shaved Cabbage Slaw</td>
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<td><strong>Friday</strong></td>
<td>Beef Stuffed Peppers served with Buckwheat Pilaf and Zucchini and Squash</td>
<td>General Tso Tempura Chicken served with Brown Rice Pilaf and Sautééd Ginger Garlic Baby Bok Choy</td>
<td>Turkey and Brown Rice Meatball Stroganoff served with GF Herbed Pasta and Glazed Carrots</td>
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<td><strong>Saturday</strong></td>
<td>Indian Spiced Wings with Spicy Honey Glaze served with Basmati Rice and Bhindi Vegetables</td>
<td>Jambalaya with House Made Sausage served with Cauliflower Rice and Okra</td>
<td>Sweet Potato and Swiss Chard Enchiladas with Chickpea Cream served with Basmati Rice and Bhindi Vegetables</td>
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### Available Anytime
- Vegan Gluten Free Pasta
- House-made Marinara Sauce
- Soup Du Jour
- Fresh Portable Fair

### Hours
- Sunday – Saturday
- 11:00 AM – 8:00 PM

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**Clarity.**
see it. know it. enjoy it.

NutriGOOD selections meet the following criteria:
- 30% or more ingredients from the following sources:
  - Organic
  - Local
  - Sustainable
  - Fair Trade

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**Xchange Lunch**
- Entrée
- Side
- Beverage

**Xchange Dinner**
- Entrée
- 2 Sides
- Beverage