WHAT'S COOKING THIS WEEK ...

Sunday
Soup & Salad  Tomato Soup, Iceberg w Beet Vinaigrette, Mixed Greens, Dressing Packet
V/V Entree  GF Vegan Grilled Cheese w Baked Tots
Lunch Entree  Brioche Grilled Cheese w Baked Tots
Dinner Entree  Pasta Primavera, Fresh Herb & Garlic Baked Tofu
Sides  Sauteed Seasonal Vegetables, Roasted Root Veggies

Monday
Soup & Salad  French Onion Soup w GF Crouton, Roasted Root Veggie Salad w Cumin Dressing
V/V Entree  GF Penne Pasta w Kalamata, Spinach & Pickled Red Onions, Figs
Lunch Entree  Chicken Schwarma Pita, Lettuce & Tomato, Tahini Lemon Sauce
Dinner Entree  Cauliflower & Garbanzo Curry w Spinach and Tomato Saute, Lentil Dal
Sides  Basmati Rice, Roasted Eggplant & Peppers, Roasted Sweet Potatoes

Tuesday
Soup & Salad  Puree of Black Bean, Mixed Greens w Dressing Packets, Grilled Asparagus
V/V Entree  Vegan "Meatball" or "Chicken" Parm Sandwich or w GF Pasta
Lunch Entree  Meatball Sub w Marinara and Sub Roll, or GF Pasta
Dinner Entree  Taco Tuesday, Chicken or Vegan Filling, Charred Tomato Salsa, Avocado, Tortillas, Nachos, or Crispy Taco
Sides  Yellow Rice & Pinto Beans, Sautéed Squash Medley

Wednesday
Soup & Salad  Vegan Ramen Broth, Moroccan Style Carrot Salad
V/V Entree  Ramen Noodle Bowl, Rice or Udon Noodle, Shredded Veggies, Tofu, Vegan Broth
Lunch Entree  Ramen Noodle Bowl, Rice or Udon Noodle, Shredded Veggies, Diced Chicken, Chicken Tonkatsu Style Broth
Dinner Entree  Falafel w Pita, Hummus Pita, Baba Ganoush, Zatar Spice Roasted Chicken,
Sides  Stir Fry Veggies, Brown Rice, Sautéed Green Beans, Spinach w Figs & Raisins

Thursday
Soup & Salad  Vegetarian Chili w Pinto's, Tomato, Avocado & Black Bean Salad
V/V Entree  Quinoa & Charred Veggie Enchilada, Salsa Roja Charra
Lunch Entree  Chicken & Spinach Enchilada Tomatillo Salsa Verde
Dinner Entree  Flatbread Pizzas with Variety Toppings & Crusts, Red Sauce, White Sauce
Sides  Spanish Rice, Stewed Black Beans, Fresh Vegetable Sauté

Friday
Soup & Salad  Matzo Ball Soup
Lunch Entree  Burger & Beyond Burger, Brioche Bun, Baked Potato Bar, Corn on the Cob

Saturday
SHABBAT

Xchange
Lunch
Entrée
Side
Beverage

Dinner
Entrée
2 Sides
Beverage

Hours
Sunday – Thursday
11:00 AM – 8:00 PM
Friday
11:00 AM – 4:00 PM

SHABBAT

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.