

WHAT'S COOKING THIS WEEK ...

Sunday		Dinner Week 3
Soup		Soup of the Day
Entree		Buttermilk Fried Chicken /Oven Roasted Fresh Herb & Garlic Chicken
Vegetarian Entree		Garbanzo Bean Shiro Wat w Injera
Sides		Macaroni & Cheese, Glazed Sweet Potatoes
Vegetables		Braised Collards, Corn on the Cob
Bread & Salad		Cornbread, Mixed Greens w Red Wine Vinaigrette, Shredded Carrot, Grape Tomatoes and Cukes
Monday		
Soup		Soup of the Day
Entree		Oxtail and Beef Tips with Tomatoes or Red Pepper Chicken Stew
Vegetarian Entree		Tofu and Heirloom Bean Brown Rice with Tomato, Peppers, and Onions
Sides		Mashed Sweet Potatoes, Brown Rice
Vegetables		Roasted Cauliflower, Sautéed Green Beans w Garlic
Bread & Salad		Grilled Flatbread, Mixed Grain Salad w Parsley, Orange Juice & Olive Oil
Tuesday		
Soup		Soup of the Day
Entree		West Indian Lamb Curry or Tomato Poached Cod
Vegetarian Entree		Sweet Potato Okra Stew with Spinach and Eba
Sides		Spicy Coconut Rice and Beans, Mashed Cassava
Vegetables		Stewed Cabbage & Tomatoes, Steamed Broccoli
Bread & Salad		Roti, Moroccan Spicy Carrot Salad
Wednesday		
Soup		Soup of the Day
Entree		Barbecue Pulled Pork Biscuit Sandwich with Vinaigrette Slaw
Vegetarian Entree		Crispy Barbecue Tofu Biscuit Sandwich
Sides		Smoked Paprika Rice and Chili Beans, Corn on the Cob
Vegetables		Sautéed Peppers, Mushrooms & Onions
Bread & Salad		Biscuits, Iceberg Tossed Salad w Homemade Buttermilk Dressing, Fresh Tomatoes and Cukes
Thursday		
Soup		Soup of the Day
Entree		Roast Beef Au Jus w Horseradish Sauce or Grilled Fish of the Moment w Berbere Spice and Smoked Tomato Sauce
Vegetarian Entree		Grilled Berbere Spice Tofu w Smoked Tomato Sauce
Sides		Sour Cream and Chive Mashed Potatoes, Fried Plantains
Vegetables		Sauteed Mixed Greens w Garlic, Roasted Tri Color Carrots and Butternut Squash
Bread & Salad		Soft Wheat Rolls, Pickled Radishes & Onions

YOUR MENU



Recipes from Home
Let us feature a family favorite recipe. See Chef Ben!

Hours
Sunday – Thursday
5:30 PM – 7:30 PM



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