



Monday July 5

Tomato Shrimp Scampi **Gf contains dairy**

Seasoned Prawns in a tomato butter garlic sauce

(v) Tomato Basil Polenta Stack **gf, df**

Seasoned white beans, Roma tomato, basil and caramelized red onion on polenta square, w/ arugula oil topper

Sautted Veggies **gf df & Breadstick**

Tuesday July 6

BBQ Pork Sandwich w/ House Slaw **gf df**

Seasoned slow cooked pork, pulled and slathered w/ honey jack bbq sauce.

(v) BBQ Portobello & Pepper Sandwich **gf df**

Tofu, peppers and onions sautted in honey jack bbq sauce. Served in grilled portobello w/ melted smoked gouda

Potato salad **5gf df**

Wednesday July 7

Chicken Marsala **gf df**

Grilled Chicken, smothered in marsala wine sauce and topped w/ wild mushrooms

(v) Crispy Tofu Marsala **df contains gluten**

Parmesan crusted and deep fried tofu topped with marsala wine sauce and wild mushrooms

Herbed Penne & **gf df** **Grilled asparagus w/ lemon zest** **gf df**

Thursday July 8

Chicken Taco lettuce Wrap **gf df**

Served w/ stone fruit salsa & avo crema

(v) Tempeh Taco lettuce Wrap *gf df*

Served w/ stone fruit salsa & avo crema

Salad of seasoned black beans, Summer squash & grilled chayote , *gf df* Chips

Friday July 9

Baked Rock Cod *gf df*

w/ saffron Sweet corn & meyer lemon sauce

(v) Stuffed Tomato *gf df*

w/ saffron sweet corn & meyer lemon sauce

Summer Tomato Brown Rice *gf df* & Pickled cucumber & red onion salad *gf df*
