



Monday September 13

Smoked Chicken Andouille Jambalaya GF, DF

Cajun seasoned rice, vegetables, chicken & Smoked Andouille Sausage

(v) Vegan Chicken & Vegetable Jambalaya GF, DF

Cajun seasoned rice, vegetables & vegan chicken

Cajun Kale Salad GF, DF

Tuesday September 14

Citrus Honey Marinated Chicken Barbacoa GF, DF

Mango habanero salsa

(v) Trinidad Chickpea & Curry GF, DF

Cilantro ginger Fennel Carrots & Jamaican Cornbread GF, DF

Wednesday September 15

Flank Steak Chimichurri GF, DF

Seasoned grilled flank steak served with a tangy herb roasted garlic sauce

(v) Vegetable Kabob Chimichurri GF, DF

Quinoa Salad & Green Beans GF, DF

Thursday September 16

Mediterranean Chicken Gf, Df,

Grilled Chicken breast with Kalamata olives, artichokes, fresh herbs, feta cheese
Topped with sundried tomato pesto

(v) Spanakopita Gf

Spinach, onions, cheese and herbs wrapped in flaky phyllo dough

Dolmas, GF, Df, Tzatziki & Pita

Friday September 17

Carolina Pulled Pork Sandwich Df, Gf,

Tender shredded pork shoulder slathered in tangy Carolina BBQ sauce & topped with slaw. Served on a brioche bun

(v) Portobello Black Bean Veggie Burger w/ Chipotle lime aioli GF, DF

served with lettuce, tomato, onion & pickles. On a brioche bun

Yukon Gold Potato Salad GF, Df
