



Monday January 10

Mongolian Pork Chop GF,

Marinated w/ hoisin, spices, sesame and shallots

(v) Himalayan Red Bean Cake GF, DF, Vegan

Brown rice, red beans, shredded carrot, hoisin, spices, and sesame

Candied Ginger Yams, GF, DF, Vegan & Mint Peas GF, DF, Vegan

Tuesday January 11

1/3 lb Angus Burger Gf Df

W/ Grilled Onions & Cheddar on a brioche bun

(v) Grilled Eggplant & Goat Cheese Spinach Melt Gf

Vegetable stack on a brioche bun

French Fries & Red Cabbage Raisin Slaw GF Df

Wednesday January 12

Mustard Crusted Flank Steak Gf Df

w/ pinot mushrooms

(v) Green Lentil Wellington Df

Herbed green lentils and roasted vegetables in flaky pastry

Potato Fennel Mash & Kale Crunch Salad

Thursday January 13

Crispy Miso Chicken Df

Marinated chicken w/ miso honey BBQ glaze

(v) Crispy Miso Tofu Gf Df

Marinated tofu vegetable w/ miso honey BBQ glaze

Sesame Soba Noodle Salad Gf Df & Stir Fry Bok Choy Gf Df

Friday January 14

Chicken Milanese Gf

Tomato, artichoke, basil & fresh mozzarella topper

(v) Polenta Cake Gf

Tomato, artichoke, basil & mozzarella topper

Grilled Zucchini & Gf Df Angel Hair Pasta Salad Df