



Monday January 17

**Chicken Parmesan**

Breaded chicken breast topped with marinara, parmesan & Mozzarella cheese

**(v) Eggplant Parmesan**

Breaded eggplant medallion topped with marinara, parmesan & Mozzarella cheese

***Italian Rice Pilaf & Green Beans***

Tuesday January 18

**Korean Firecracker Chicken Tacos GF DF**

w/ sweet chili slaw

**(v) Soy Glazed Tempe Kimchee Tacos GF DF**

w/ Sweet Chili Slaw

***Sesame rice DF & Refried Hoisin Black Beans GF DF***

Wednesday January 19

**French Quarter Jambalaya GF DF**

Andouille sausage, chicken, grilled prawns, rice & beans

**(v) Baked Stuffed Zucchini GF DF**

Smokey peppers, creole brown rice & beans

***Cheesy Cornbread & Maple Honey Drizzle***

Thursday January 20

**Panko Coconut Chicken GF DF**

Wasabi mustard aioli

**(v) Panko Coconut Tofu GF DF**

Wasabi mustard aioli

***Chilled Asian Noodle Salad GF DF & Slaw w/ tropical fruit salsa GF DF***

Friday January 21

**Curry BBQ Beef GF DF**



w/ Mango Lime Glaze

**(v) Smokey Lentil Vegetable Fritters** **GF DF**

w/ Curry apple chutney

***Moroccan Cous Cous & Carrot Cucumber Salad*** **GF DF**