



Monday January 3

**Cajun Shrimp Pasta GF**

Large gulf shrimp, mushrooms, spinach in a Cajun spiced creamy tomato sauce over penne pasta

**(v) Cajun Mushroom Pasta GF**

Cremeni mushrooms, roasted bell peppers, spinach, Cajun spiced creamy tomato sauce over penne pasta

***Garlic bread***

Tuesday January 4

**Capt. Morgan's Hawaiian Chicken GF DF**

Slow cooked rum marinated pork shoulder, hand shredded and slathered in Polynesian BBQ sauce

**(v) Pineapple Teriyaki Tofu GF DF**

Stir fry medley of tofu, vegetables, ginger, herbs, pineapple & teriyaki

***White Rice & Mango Coconut Salad GF DF***

Wednesday January 5

**Crispy Chicken Piccata Gf Df**

Italian seasoned chicken breast with herbed caper sauce

**(v) Grilled Eggplant Piccata GF DF**

Large Italian seasoned eggplant medallions grilled w/sundried tomato pesto and spinach w/herbed caper sauce

***Linguine & Roasted Zucchini GF DF***

Thursday January 6

**Thai Lemongrass Beef GF DF**


Grilled marinated beef, sliced w/ curry coconut lemongrass sauce.

**(v) Thai Coconut Curry Tofu & Vegetable GF DF**

***Jasmine Rice & Ginger Carrots GF DF***

Friday January 7

**Chicken Giant-Chilada GF**



Giant spinach tortilla loaded with shredded chicken, herbs & spices.  
Covered in ancho chile sauce and cheese.

**(v) Roasted Vegetable Green Chile Giant-Chilada GF**

Giant spinach tortilla loaded with seasoned roasted vegetables & herbs.  
Covered in green chile  
sauce and cheese. ***Refried Black Beans & Roasted Corn salad***

