



Monday March 7

Penne Bolognaise DF

Tender pasta w/ marinara meat sauce

(v) Penne Primavera DF,

w/ fresh vegetable marinara

Marinated Vegetable Salad DF, GF & Bread Stick DF

Tuesday March 8

Shanghai Pork in Black Bean Sauce DF, GF

Tender Pork spiced and braised

(v) Tofu and Asparagus Tips in Black Bean Sauce DF, GF

Steamed Rice DF, GF & Spring Roll DF, GF

Wednesday March 9

Shredded Beef Enchilada GF

Wrapped in corn tortilla, spicy sauce and cheese

(v) Smoked Tofu Enchilada GF

Wrapped in corn tortilla, spicy sauce and cheese

Roasted Corn & Red Pepper Salad, DF, GF Pintos GF, DF

Thursday March 10

Cajun Prawns w/ Creole Tomato Ragout DF, GF

Tender prawns simmered in tomato and aromatic spices

(v) Cajun Stuffed Zucchini Boat w/ Creole Tomato Ragout GF,

Smoked eggplant, caramelized onion, and gruyere

Dirty Rice, DF, GF Kale Salad DF, GF

Friday March 11

Coconut Chicken w/ Wasabi Aioli GF DF

Coconut Tofu w/ Wasabi Aioli

Garlic Broccoli, GF DF Asian Noodle Salad GF DF