



Tuesday Sept 12

Barbacoa Tacos

(V) Crispy Jalisco Tofu Tacos

Refried Pinto Beans, shredded lettuce, Avo Crema, pico de gallo, Homemade Tortilla Chips

Tuesday Sept 13

Caribbean Spiced Jerk Chicken

Dark rum jerk marinated chicken thigh. Grilled and finished with citrus marmalade

(v) Crispy Sweet Potato Green Onion Cake

Savory sweet potato cake w/ Jamaican cider yogurt dip

Mint Green Peas, Coconut Brown Rice

Wednesday Sept 14

BBQ Spareribs

Grilled slow and low. Basted with a peach bourbon chipotle sauce

(v) Chickpea and Vegetable Turnover

Scalloped Potato, Arugula-Corn Salad

Thursday Sept 15

Beef & Ricotta Lasagna

Layers of pasta, ground beef, marinara w/ fresh herbs, ricotta and mozzarella

(V) Pesto Spinach Mushroom Lasagna

Cucumber Tomato Salad, Breadstick

Friday September 16

Coconut Prawns w/ Mango Chutney

(V) Coconut Crusted Tofu/w Mango Chutney

Ginger Green Onion Rice & Ginger Sesame Green Beans