



Monday November 21

Thai lemongrass Flank Steak GF DF

Marinated grilled flank steak,

(v) Coconut Lemongrass Tofu and Broccoli

Cilantro Roasted potatoes & Ginger Carrots

Tuesday November 22

Chicken Parmesan

Breaded tender chicken topped with zesty marinara and grated mozzarella

(v) Manicotti Primavera

3 cheeses in manicotti pasta topped with fresh veggies and marinara

Buttered Noodles, Bread stick

Wednesday November 23

Panko Crusted Chicken GF DF

Panko, coconut milk and fresh coconut breading, served w/ wasabi ranch dipping sauce

(v) Panko Coconut Tofu

w/ Sweet Chili sauce

Ginger Green Onion Rice, Napa Cabbage Asian Slaw GF DF
