



Monday November 28

Santa Fe Chicken Pasta

Chicken Breast, mushrooms, fresh herbs & peppers in adobo cream sauce over penne pasta

(v) Santa Fe Cremini Spinach Pasta

Cremini mushrooms, spinach, fresh herbs & peppers in adobo cream sauce over penne
Cilantro Garlic Bread

Tuesday November 29

Coconut Prawns

Large gulf prawns, coconut milk, fresh coconut and panko, deep fried and crispy w/ wasabi ranch dipping sauce

(v) Panko Coconut Tofu w/ wasabi ranch dipping sauce

Ginger Asian Noodle Salad & Sweet Chili Sesame Green Beans GF DF

Wednesday November 30

Tequila Lime Beef Fajita GF DF

Tri tip marinated in Jose Cuervo and fresh lime juice, grilled and julienned. Sauteed peppers & onions. Served w/ flour tortilla

(V) Tofu Sofritas GF DF

Chipotle refried beans, GF DF Chips & Salsa GF DF

Thursday December 1

Chicken Tikka Masala GF DF

Marinated chicken braised in a spiced tomato yogurt sauce

(v) Braised Sweet Potato Curry GF DF

Sweet potatoes, peas and chickpeas in curry coconut sauce
Basmati Rice GF DF & Spicy Roasted Yellow Squash GF DF

Friday December 2

Moroccan Braised Beef GF DF

(v) Moroccan Chickpea Purse

Chickpeas and roasted vegetables wrapped in flaky puff pastry
Couscous Salad & Ginger Carrots GF DF