



Monday November 7

Spaghetti & Meatballs

Hand rolled Italian beef meatballs. marinara

(v) Spaghetti Primavera

mushrooms, Spinach, garlic, onions, fresh herbs, marinara

Bread stick

Tuesday November 8

Grilled Basil Chicken GF DF

Lemon marinated chicken topped w/ Basil Coulis

(v) Spanakopita

Spinach, feta, parmesan cheese, keloftiri, nutmeg in phyllo triangle

Cous Cous Salad & Cucumber Tomato Salad GF DF

Wednesday November 9

Polynesian Shredded Pork GF DF

Seasoned pork shoulder Polynesian inspired

(v) Ginger Roasted Vegetable flower

Wrapped and baked in phyllo flower

Pineapple Mint Rice & Fried Plantains GF DF

Thursday November 10

Coconut Lemongrass Chicken GF DF

Grilled marinated lemongrass chicken thigh w/ coconut curry sauce

(v) Coconut Crusted Tofu

Panko & coconut tofu w/ lemongrass chili dipping sauce

Chilled Noodle Salad, Garlic Broccoli GF DF

Friday November 11

Asian Fire Beef GF DF

Hoisin sambal Braised angus beef

(v) Yellow Curry Crispy Tofu Flauta

Stir fry rice, Wok fried Garlic Sesame Bok Choy GF DF
