



Monday Oct 31

Tangerine Ginger Chicken GF DF

Chicken grilled and marinated w/ a sweet and spicy glaze

(v) Coconut Crusted Tofu GF DF

Deep fried and crispy w/wasabi aioli

Black Sesame Rice, GF DF Ginger Broccoli Salad GF DF

Tuesday Nov 1

Dried Cherry Molasses Pork Loin GF DF

Tender pork loin, glazed with spiced molasses and topped w/ dried cherries

(v) Butternut Squash Leek Purse

Sweet squash and tender leeks wrapped in a flaky buttery puff pastry

Gorgonzola Mashed Potatoes, Buttered Green Beans GF DF

Wednesday Nov 2

Irish Guinness Beef DF GF

Slow cooked beef chuck simmered in spicy Guinness beer bath

(v) Lentil Roasted Vegetable in Phyllo

Seasoned tender lentils & vegetables wrapped in flaky phyllo

Creamy Mac & Cheese, Roasted Baby Carrots GF DF

Thursday Nov 3

Thai Curry BBQ Chicken w/ Tangy Yellow Curry Glaze GF, DF

Grilled marinated chicken thigh finished with coconut lemongrass sauce & fresh herbs

(v) Thai Coconut Curry Tofu GF

Deep fried tofu, potato, sauteed vegetables & fresh coconut in a lemongrass curry sauce

Wasabi Mash Potato, Stir fry Veggies GF DF

Friday November 4

Beef Enchilada GF DF

Shredded lettuce & sour cream

(v) Veggie Enchilada GF DF

Shredded lettuce & sour cream

Spanish rice, Corn and Red Pepper Salad GF DF