



Monday March 20

Blackened Chicken w/ Creole Mustard sauce GF DF

(v) Cajun Stuffed Peppers w/ Creole Mustard Sauce GF DF

Red beans, rice 'soy andoullie' & tomato in a roasted bell pepper,
Garlic roasted red potatoes, GF DF Louisiana kale crunch salad GF DF

Tuesday March 21

Korean Firecracker Chicken Tacos GF DF

w/ sweet chili slaw

(v) Soy Glazed Tofu Kimchee Tacos GF DF

w/ pickled ginger aioli

Sesame Spinach Crispy Rice Noodle Salad GF DF & Refried Hoisin Black Beans GF DF

Wednesday March 22

Moroccan Braised Beef GF DF

(v) Chickpea & Potato Tagine GF DF

Moroccan chickpeas & potatoes & peppers braised in a curry tomato ragout, finished with green olives & lemon

Basmati Rice DF & Ginger Mint Carrots GF DF

Thursday March 23

Mango Chili Prawns GF DF

Thai marinated Prawns. Mango chili glazed.

(v) Thai Coconut Curry Tofu & Vegetable GF DF

Jasmine Rice GF DF & Pickled Ginger Broccoli GF DF

Friday March 24

Spaghetti w/ Meatballs w/red wine marinara & fresh oregano DF

(v) Spaghetti w/ Spicy Tomato lentils sauce DF

Grilled Zucchini, GF DF Sourdough Bread
