



Monday July 8

Crispy Coconut Chicken w/ wasabi aioli **DF**

(v) Crispy Coconut Tofu w/ sweet chili sauce **Df**

*Sticky coconut rice, **Gf Df Stir Fry Ginger Bok Choy Gf Df***

Tuesday July 9

Moroccan Braised Beef **GF DF**

(v) Chickpea Potato Tangine **GF DF Vegan**

*Cous Cous, **DF Ginger Mint Carrot GF DF vegan***

Wednesday July 10

Chipotle Chicken Tacos **GF DF**

Grilled chicken, onions, served w/white corn tortilla, Salsa

(v) Sofritos **GF DF**

Marinated Seitan 'Chikin', onions and peppers

*Red Rice **GF DF** & Pintos **GF DF***

Thursday July 11

Spaghetti w/ Beef Bolognese

(v) Pasta Primavera

Garlic Bread Stick

Vegan 'Meatless' Balls w/ spicy red sauce and pesto

Friday July 12

Chicken Tikka Masala **GF DF**

(v) Coconut Curry Tofu & Vegetables **GF DF**

*Basmati Rice, **GF DF Naan & yogurt dip***
