



Monday August 26

Crispy Panko Coconut Chicken GF DF

w/ wasabi aioli

(v) Crispy Panko Coconut Tofu w/ sweet chili sauce GF DF Vegan

Sesame Rice, Ginger Carrots Vegan

Tuesday August 27

Carne Asada GF DF

(v) Seitan 'Beef' & Pepper Sauté' GF DF Vegan

Spanish Rice, Refried Beans GF DF, Warm Tortilla Vegan

Wednesday August 28

Butter Chicken Masala Curry GF

(v) Coconut Vegetable Curry GF DF vegan

Basmati Rice, Vegan Naan Vegan

Thursday August 29

Grilled Spicy Tangerine Chicken GF DF

w/ Crispy fried artichoke

(v) Smokey Lentil Vegetable Fritters GF DF Vegan

w/ Curry mango chutney

Moroccan Cous Cous DF GF Vegan & Oven Roasted Vegetables GF DF Vegan

Friday August 30

Braised Beef

Seitan Stew

Potatoes, carrots, celery, sweet peas in a savory gravy

Buttered Noodles, GF DF Vegan Garlic Green Beans Vegan
