



Monday September 23

Glazed Ginger Soy Pork Chop

(v) Coconut Crusted Tofu w/ wasabi aioli & Sweet chili sauce
Noodle Salad, Sesame Green Beans

Tuesday September 24

Caribbean Honey Habanero Tri Tip

Sweet & spicy grilled Beef finished with honey habanero glaze.

(v) Jamaican Spinach & Goat Cheese

Roasted Sweet Potato & Grilled Zucchini

Wednesday September 25

Chipotle Chicken Tacos

(v) 'Soyrizo' Tacos

Red Rice & Pintos

Thursday September 26

Beef and Italian Sausage Lasagna

(v) Mushroom & Spinach Lasagna

Garlic Bread

Friday September 27

IPA BBQ Chicken

Grilled marinated chicken thigh slathered in IPA BBQ sauce

(v) IPA Brown Rice Fritter topped w/ IPA ragout

Hand formed brown rice rounds dredged in panko breadcrumbs and topped with an IPA ragout

Old Fashion Potato Salad & Molasses Baked Beans