



Monday October 21

Mesquite Grilled Sesame Pork Chop GF DF

w/ soy, orange juice, Brown sugar glaze

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

Wasabi Mashed Potato, Ginger Bok Choy Vegan

Tuesday October 22

Carne Asada GF DF

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

Spanish Rice, Refried Beans GF DF, Warm Tortilla Vegan

Wednesday October 23

Butter Chicken Masala Curry GF

(v) Coconut Vegetable Curry GF DF vegan

Basmati Rice GF DF, Vegan Samosa GF DF Vegan

Thursday October 24

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 & Sauteed' Vegetables GF DF Vegan

Friday October 25

Thai Beef

Thai Red Curry Vegan

Potatoes, cauliflower, carrot, celery and 'Beef' strips in red curry sauce

Jasmine Rice, GF DF Vegan Soy Sesame Green Beans Vegan
