



Monday October 7

Spicy Szechwan Chicken **DF**

(v) Coconut Panko Tofu w/ Sweet Chili sauce **DF**

Roasted Wasabi Potatoes, DF Ginger Carrots

Tuesday October 8

Carolina Pulled Pork Sandwich on Brioche w/ slaw topper **Gf Df**

(v) Black Bean Burger *served on seeded bun* **DF GF**

Sweet Potato Fries

Wednesday October 9

Flank Steak Chimi Churri **DF GF**

(v) Brazilian Soyriso Feijoada **DF GF**

Cilantro Lime rice DF GF & Sauteed Vegetables DF GF

Thursday October 10

Thai Curry BBQ Chicken w/ Tangy Yellow Curry Glaze **DF GF**

Grilled marinated chicken thigh finished with coconut lemongrass sauce & fresh herbs

(v) Thai Coconut Curry Chikin'

Sauteed Plant based Chikin,' carrots, snap peas, red and yellow peppers baby corn, in fresh coconut in lemongrass curry sauce

Ginger Mashed Potato & Garlic Broccoli

Friday October 11

Chicken Parmesan w/ Penne Pasta

(v) 3 Cheese Manicotti w/ spicy tomato sauce

Grilled Garlic Zucchini, Seeded Breadstick