



Monday October 28

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

**(V) Crispy Panko Coconut Tofu** *w/ Sweet chili sauce* **Vegan**

*Sweet Soy Glazed Roasted Potatoes, GF DF Sesame Broccoli* **Vegan GF DF**

Tuesday October 29

**Southwestern Chicken Pasta Alfredo**

Tender chicken, sliced mushroom, cilantro, peas in spicy ancho chili crema over penne

**(v) Southwestern Tempeh Pasta Alfredo** **Vegan**

Tempeh, Mushrooms, cilantro, peas in spicy ancho chili crema over penne

*Green Chili Cheese Focaccia*

*Vegan Green Chili Plant Based Cheese Focaccia*

Wednesday October 30

**Sesame Braised Beef** **GF DF**

**(v) Savory Seitan & Vegetables Stew** **GF DF**

*Includes carrots, celery, summer squash, white beans, roasted tomato*

*Jasmine rice, GF DF Ginger Green Beans* **GF DF**

Thursday October 31

**BBQ 1/3 lb Angus Burger** on sesame seed bun

**(v) BBQ Black Bean Burger** on sesame seed bun **Vegan**

Lettuce, tomato, onion, pickle, cheese

*Steak Fries*

Friday November 1

**Chicken Piccata** *in garlic lemon and caper sauce*

**(v) Crispy Tofu Piccata** *in garlic lemon and caper sauce*

*Buttered Noodles, Sweet Peas*

*Vegan Smart Butter Penne*

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