



Monday November 4

Hawaiian Sweet Chili Teriyaki Chicken

Marinated grilled chicken thigh, finished with a teriyaki sweet chili glaze

(v) Sweet Chili Teriyaki Tofu Pineapple Stir Fry

Fresh vegetables, organic tofu, and fresh pineapple in Sweet Chili teriyaki sauce

Ginger Green Onion Rice, Broccoli

Tuesday November 5

Spaghetti w/ Beef & Italian Sausage Bolognese

(v) Manicotti w/ Veggie Tomato sauce

Antipasto Salad, Garlic Bread

Wednesday November 6

BBQ Chicken w/ IPA Slather

Marinated grilled chicken thigh, finished with spicy chipotle pear BBQ sauce

(v) Garden Burger, lettuce, tomato, pickle

Vegetarian Chili, Pasta salad

Thursday November 7

"Make your own Beef Taco"

(v) "Make your own" Chipotle Seitan Taco

w/ shredded lettuce, cojita cheese

Red Rice, Pintos, Chips & salsa GF

Friday November 8

Jerk Chicken

(v) Crispy Jamaican Jerk Tofu

Pineapple Pilaf, Plantains
