



Monday November 11

Crispy Panko Chicken w/ wasabi aioli

(V) Ginger Lemongrass Coconut Tofu w/sweet orange glaze *Vegan*

Black Sesame Seed Rice, Vegan Garlic Broccoli Vegan

Soup: Coconut Lentil

Tuesday November 12

Cajun Shrimp and Peppers

Pan seared shrimp and sautéed peppers and onions in a rich creole tomato sauce

(v) Creole Veggie Etouffee *vegan*

Sautéed Chiki'n, peppers & onions, lentils and mushrooms in a rich creole tomato sauce

Cajun Dirty Rice, Roll Vegan

Wednesday November 13

Chicken Marsala *GF DF*

Tender chicken, sliced button mushrooms, Italian spices in marsala sauce

(V) Seitan 'Chikin' Marsala *GF DF Vegan*

Buttered Noodles, Vegetable Medley Sauté' GF DF Vegan

Soup: Minestrone

Thursday November 14

Beef & Sausage Lasagna

(v) Penne Pasta Beyond 'Beef' Bolognese

Roasted Italian Squash, Vegan Garlic Breadstick

Vegan 'Meatless' Balls, (lentils, quinoa, mushrooms onions) in spicy marinara

Soup: Broccoli Cheddar

Friday November 15

BBQ Lemon Chicken *GF DF*

(V) Spanakopita

Dill Roasted Potatoes, GF DF Stewed Zucchini w/ Tomato GF DVegan: Spanakopita w/ Spinach, dill, onion, garlic, nutmeg, salt, pepper, vegan cheese

Soup: Beef and Bean chili
