

Monday April 28

Chicken Tikka Masala GF DF

Chunks of grilled chicken in a spicy tomato sauce

(v) Veggie Tikka Masala GF DF

Potato, onion, chickpeas, peas & fresh herbs in spicy tomato sauce

Basmati Rice & Naan with yogurt dip

Tuesday April 29

BBQ Cuban Chicken GF DF

Cuban inspired marinated Chicken, & served with jicama Mango mint salsa

(v) Roasted Vegetable Cubano Turnover DF

cilantro, cumin, and oregano spiced roasted black beans, brown rice, onion in flaky puff pastry

Roasted Crookneck Squash & Sweet Habanero Kale Salad GF DF

Wednesday April 30

Thai Lemongrass Prawns w/ Sweet Peppers and Onions GF DF

Thai grilled and tossed in coconut lemongrass sauce.

(v) Thai Coconut Curry Tofu & Vegetable GF DF

Tossed in coconut kaffir lime sauce

Brown Rice & Sweet Chili Sugar Snap Peas

Thursday May 1

Grilled Salmon fillet w/ Lemon Dill Beurre Blanc GF DF

(v) Zucchini Boat GF DF

Pilaf, hickory smoked tofu, caramelized onion, cheddar cheese

Slow Cooked Baked beans, Corn and Red Pepper Salad GF DF

Friday May 2

Chicken Puttanesca GF DF

smothered w/spicy red sauce, capers and olives

Tuscan Eggplant Stack GF

Spinach, Mozzarella Cheese, Parmesan smothered w/ spicy red sauce, capers, and olives

Pesto orzo salad, Sesame Seed Breadstick