

JANUARY 2017

Sunday Brunch	Monday Meatless Monday	Tuesday Asian	Wednesday Indian	Thursday	Friday	Saturday Brunch
						1 Sausage and Egg Bake Tofu Scramble (V) Breakfast Beans and Rice(V) Breakfast Potatoes Steamed Greens (V)
2 Sausage and Egg Bake Tofu Scramble(V) Breakfast Beans and Rice(V) Breakfast Potatoes(V) Steamed Greens (V)	3 Creamy Veggie Shepherd's Pie Vegan Shepherd's Pie(V) Lemon Pepper Broccoli(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	4 Seitan and Broccoli(V) Beef and Broccoli Egg Rolls(V) Sesame Glazed Carrots(V) White Basmati Rice (V) Steamed Greens (V)	5 Chana Masala (V) Chicken Tikka Masala Curried Cabbage (V) White Basmati Rice (V) Samosa (V) Steamed Kale (V)	6 Farro with Mushrooms and Asparagus(V) Mediterranean Chicken Mashed Potatoes(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	7 Lentil Sloppy Joes(V) Beef Sloppy Joes Patatas Bravas(V) Spicy Corn(V) Brown Rice(V) Steamed Greens(V)	8 Build your own Breakfast Tacos! Fixings and toppings served on the side!
9 Build your own Breakfast Tacos! Fixings and toppings served on the side!	10 Creamy Alfredo Pasta Herb Crusted Tofu (V) Lemon Pepper Broccoli (V) Garlic Bread (V) Brown Rice (V) Steamed Greens (V)	11 Thai Lettuce Wraps Thai Chicken Thai Tofu (V) Fixings (V) Coconut Rice(V) Egg Rolls Steamed Greens (V)	12 Chicken Makhani Daal Makhani(V) Coconut Curry Cabbage(V) White Basmati Rice V) Samosa (V) Steamed Kale (V)	13 Mexican Seitan Skillet(V) Mexican Beef Skillet Spanish Rice(V) Spicy Corn(V) Brown Rice(V) Steamed Greens(V)	14 BBQ Tofu(V) BBQ Beef Garlic and Herb Potato Wedges (V) Steamed Broccoli(V) Brown Rice(V) Steamed Greens(V)	15 Vegetable Egg Bake Sausage Black Bean Quinoa (V) Toast (V) Steamed Greens(V)
16 Vegetable Egg Bake Sausage Black Bean Quinoa (V) Toast (V) Steamed Greens(V)	17 Linguini with Broccoli Pesto Quinoa Crumble (V) Roasted Beets (V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	18 Garlic Ginger Chicken Sesame Ginger Tofu with Broccoli Spicy Bok Choy(V) Egg Rolls White Basmati Rice (V) Steamed Kale (V)	19 Cashew Butter Sauce (V) Coconut Curry Sauce Tofu (V) or Chicken Lemon Rice (V) Samosa(V) Steamed Kale (V)	20 Carnitas Fajita Style Tempeh (V) Fajita Veggies (V) Corn Tortillas (V) Cilantro-Lime Rice (V) Steamed Greens (V)	21 Chicken Nuggets Seitan Nuggets(V) Creamy Mashed Potatoes Mushroom Gravy(V) Brown Rice(V) Steamed Greens(V)	22 Cajun Beans and Rice (V) Andouille Sausage Fried Eggs Steamed Greens(V) Breakfast Potatoes (V)
23 Cajun Beans and Rice (V) Andouille Sausage Fried Eggs Steamed Greens(V) Breakfast Potatoes (V)	24 Corn Fritters(V) Black Bean Enchiladas Roasted Mashed Squash(V) Steamed Broccoli(V) Brown Rice(V) Steamed Greens(V)	25 Sweet and Sour Chicken Sweet and Sour Tofu(V) Sesame Broccoli (V) Egg Rolls White Basmati Rice (V) Steamed Greens(V)	26 Creamy Curry Veggies(V) Creamy Curry Chicken Naan(V) Samosa(V) White Basmati Rice (V) Steamed Greens(V)	27 Spaghetti Noodles (V) Beef Meatballs Veggie "Meatballs" (V) Garlic Bread (V) Steamed Greens (V) Brown Rice (V)	28 Pork Verde White Bean Verde (V) Spicy Corn (V) Corn Tortillas (V) Steamed Kale (V) White Rice (V)	29/30 Huevos Rancheros Enchiladas de Rancheros(V) Breakfast Potatoes (V) Steamed Greens (V)