

FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Orange Glazed Tofu(V) Orange Glazed Chicken Spicy Cabbage(V) Egg Rolls Brown Rice(V) Steamed Greens(V)	2 Chili-Lime Rubbed Tofu Chili-Lime Rubbed Beef Cilantro Lime Pilaf Steamed Veggies(V) Brown Rice(V) Steamed Greens(V)	3 Chana Masala(V) Creamy Curried Chicken Turnip with Coconut(V) Samosas(V) Brown Rice(V) Steamed Greens(V)	4 Lentil Loaf(V) Salisbury Steak with Mushrooms Mashed Potatoes(V) Steamed Veggies(V) Brown Rice(V) Steamed Greens(V)	5 Garlic and Herb Crusted Tofu(V) Garlic and Herb Crusted Chicken Roasted Potatoes(V) Lemon Pepper Broccoli(V) Brown Rice(V) Steamed Greens(V)	6 Broccoli and Bean Quiche(V) Panakuken Sausage Steamed Greens(V)
7 BBQ Tofu(V) BBQ Chicken Buffalo Tempeh(V) Buffalo Chicken Roasted Potatoes(V) Brown Rice(V) Steamed Greens(V)	8 Garlic Sesame Soba Noodles(V) Sesame Chicken Stir Fried Napa Cabbage and Carrots(V) Egg Rolls Brown Rice(V) Steamed Greens(V)	9 Hearty Bean Cassoulet(V) Meatloaf Garlic Mashed Potatoes(V) Steamed Green Beans(V) Brown Rice(V) Steamed Greens(V)	10 Dal Makhani(V) Cranberry Curry Chicken Curried Peas(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	11 Lemon Pepper Alfredo(V) Mediterranean Chicken Scalloped Tomatoes with Croutons(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	12 BBQ Tofu(V) BBQ Chicken Potato Wedges(V) Chili-Garlic Green Beans(V) Brown Rice(V) Steamed Greens(V)	13 Cinnamon Rolls(V) Red Flannel Hash(V) Broccoli and Bean Quiche(V) Tofu Scramble(V) Blueberry Muffin Breakfast Bake(V) Steamed Greens(V)
14 Cinnamon Rolls(V) Red Flannel Hash(V) Broccoli and Bean Quiche(V) Tofu Scramble(V) Blueberry Muffin Breakfast Bake(V) Steamed Greens(V)	15 Mongolian BBQ Seitan(V) Mongolian BBQ Beef Spicy Cabbage(V) Egg Rolls Brown Rice(V) Steamed Greens(V)	16 Enchilada Casserole(V) Mexican Beef Skillet Spanish Rice(V) Spicy Corn(V) Brown Rice (V) Steamed Greens(V)	17 Peas and Carrots with Jamaican Curry(V) Punjabi Chicken in Thick Gravy Coconut Curry Cabbage(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	18 Vegan Nuggets(V) Chicken Nuggets Potato Wedges(V) Baked Beans(V) Brown Rice(V) Steamed Greens(V)	19 Tempeh Piccata(V) Lemon Herb Chicken Green Beans and Tomatoes(V) Garlic Mashed Potatoes(V) Brown Rice(V) Steamed Greens(V)	20 Blueberry Muffin Breakfast Bake(V) Breakfast Potatoes(V) Panakuken Steamed Greens(V)
21 Blueberry Muffin Breakfast Bake(V) Breakfast Potatoes(V) Panakuken Steamed Greens(V)	22 Tofu Chow Mein(V) Chicken Chow Mein Baby Bok Choy with Cashews(V) Egg Rolls Brown Rice(V) Steamed Greens(V)	23 Marinara Sauce(V) Spaghetti Noodles(V) Chicken Parmigiana Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	24 Cranberry-Cashew Biryani(V) Tandoori Chicken Bombay Potatoes(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	25 Buffalo Tempeh(V) Buffalo Chicken Caulipots(V) Steamed Green Beans(V) Brown Rice(V) Steamed Greens(V)	26 Roasted Beets Skordalia(V) Mediterranean Chicken Green Beans Hellinika(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	27 Cinnamon Rolls(V) Tempeh Sausage(V) Breakfast Potatoes(V) Breakfast Bake Steamed Greens(V)
28 Cinnamon Rolls(V) Tempeh Sausage(V) Breakfast Potatoes(V) Breakfast Bake Steamed Greens(V)	29 Kung Pao Tofu(V) Kung Pao Chicken Spicy Cabbage(V) Egg Rolls Brown Rice(V) Steamed Greens(V)					