

MAY 2017

Sunday Brunch	Monday Meatless Monday	Tuesday Asian	Wednesday Indian	Thursday	Friday	Saturday Brunch
	1 Creamy Veggie Lasagna Vegan Lasagna (V) Garlic Bread (V) Roasted Broccoli (V) Steamed Kale (V) Brown Rice (V)	2 Thai Lettuce Wraps Thai Chicken Thai Tofu (V) Fixings (V) Egg Rolls Steamed Greens (V) Coconut Rice (V)	3 Goan Beef Goan Seitan (V) Indian Spiced Cauliflower(V) Samosa(V) Steamed Kale (V) Basmati Rice (V)	4 Farro with Mushrooms and Veggies (V) Lemon Pepper Chicken Southern Green Beans (V) Roasted Mashed Squash (V) Brown Rice(V) Steamed Kale (V)	5 Salisbury Steak Mushrooms Rockeller (V) Mashed Potatoes (V) Steamed Peas and Carrots(V) Garlic Bread (V) Brown Rice (V) Steamed Kale (V)	6 Sausage Gravy Vegan Sausage Gravy (V) Biscuits (V) Scrambled Eggs Breakfast Potatoes (V) Steamed Greens (V)
7 Sausage Gravy Vegan Sausage Gravy (V) Biscuits (V) Scrambled Eggs Breakfast Potatoes (V) Steamed Greens (V)	8 Creamy Mac & Cheese Vegan Mac and Cheese (V) Steamed Green Beans (V) Sweet Potato Mash (V) Brown Rice(V) Steamed Greens(V)	9 Moo Shoo Pork Moo Shoo Seitan (V) Sesame Broccoli (V) Fried Tortillas (V) Egg Rolls(V) Basmati Rice(V) Steamed Greens (V)	10 Chicken Tikka Masala Chana Masala (V) Curried Cabbage (V) Samosa (V) Basmati Rice (V) Steamed Kale (V)	11 Nacho Bar with Fixings Steamed Kale(V) Brown Rice(V)	12 BBQ Pulled Pork BBQ Tempeh (V) House-Made Brioche Buns 3 rd Street Bakery Buns (V) Roasted Potatoes (V) Brown Rice(V) Steamed Greens(V)	13 Cajun Beans and Rice (V) Andouille Sausage Fried Eggs Breakfast Potatoes (V) Steamed Greens (V)
14 Cajun Beans and Rice (V) Andouille Sausage Fried Eggs Breakfast Potatoes (V) Steamed Greens (V)	15 Broccoli Pesto Pasta Pasta Primavera (V) Garlic Bread (V) Scalloped Tomatoes (V) Brown Rice (V) Steamed Greens(V)	16 Korean BBQ Lettuce Wraps Korean Chicken Korean Tofu (V) Fixings (V) Egg Rolls Basmati Rice (V) Steamed Kale (V)	17 Coconut Curry Sauce Cashew Butter Sauce (V) Tofu (V) or Chicken Samosa (V) Lemon Rice (V) Steamed Kale (V)	18 Carnitas Enchiladas Black Bean and Squash Enchiladas (V) Fresh Fixings (V) Cilantro Lime Rice(V) Steamed Greens(V)	19 Chicken Nuggets Seitan Nuggets (V) Mashed Potatoes (V) Garlic-Pepper Corn (V) Brown Rice(V) Steamed Greens(V)	20 Sausage Egg Bake Tofu Scramble (V) Breakfast Potatoes (V) Blueberry Oat Bake (V) Steamed Greens(V)
21 Sausage Egg Bake Tofu Scramble (V) Breakfast Potatoes (V) Blueberry Oat Bake (V) Steamed Greens(V)	22 Three Bean Tamale Pie Corn Fritters (V) Patatas Bravas (V) Pupusas con Queso Spanish Rice (V) Steamed Greens (V)	23 Garlic Ginger Chicken Sesame Tofu with Broccoli(V) Spicy Cabbage (V) Egg Rolls Basmati Rice (V) Steamed Kale (V)	24 Chicken Makhani Daal Makhani (V) Curried Potatoes (V) Samosa (V) Basmati Rice (V) Steamed Kale (V)	25 Yellow Rice with Chicken Quinoa Crumble (V) Steamed Vegetables (V) Roasted Beets (V) Steamed Kale (V) Brown Rice (V)	26 Cider-Brined Pork Herb Crusted Tofu (V) Mashed Potatoes (V) Steamed Vegetables (V) Brown Rice(V) Steamed Greens (V)	27 Huevos Rancheros Enchiladas Enchiladas de Rancheros(V) Sausage Breakfast Potatoes (V) Steamed Greens(V)
28 Huevos Rancheros Enchiladas Enchiladas De Rancheros(V) Sausage Breakfast Potatoes (V) Steamed Greens(V)	29 Creamy Vegetable Shepherd's Pie Vegan Shepherd's Pie (V) Steamed Green Beans (V) Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	30 Thai Lettuce Wraps Thai Chicken Thai Tofu (V) Fixings (V) Egg Rolls Basmati Rice(V) Steamed Greens(V)	31 Creamy Curry Chicken Creamy Curry Vegetables(V) Indian Spiced Cauliflower(V) Samosa (V) Basmati Rice (V) Steamed Greens (V)			