

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chickpea Potato Curry(V) Beef Rogan Josh Coconut Curry Cabbage(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	2 BBQ Pulled Pork Corn Fritters (V) Baked Beans (V) Spicy Corn (V) Brown Rice (V) Steamed Greens (V)	3 Farro w/Mushroom and Asparagus(V) Lemon Chicken with Kalamata Olives Steamed Veggies(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	4 Sausage Egg Bake Veggie Egg Bake Breakfast Potatoes (V) Breakfast Beans & Rice (V) Steamed Greens (V)
5 Sausage Egg Bake Veggie Egg Bake Breakfast Potatoes (V) Breakfast Beans & Rice (V) Steamed Greens (V)	6 Garlic and Herb Crusted Tofu (V) Creamy Alfredo Lemon Pepper Broccoli(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	7 Thai Chicken (V) Thai Tofu (V) Fresh Veggie Toppings Egg Rolls Coconut Rice (V) Steamed Greens(V)	8 Creamy Curry Sauce(V) Tikka Masala Chicken or Veggies (V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	9 Spaghetti Noodles in Tomato Sauce(V) Beef Meatballs Vegan Meatballs Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	10 Nacho Bar with Fixings Mexican Spiced Beef Fajita Veggies (V) Vegan Queso (V) Steamed Kale(V) Cilantro Lime Rice(V)	11 Cajun Beans & Rice (V) Andouille Sausage Breakfast Potatoes (V) Scrambled Eggs Steamed Greens (V)
12 Cajun Beans & Rice (V) Andouille Sausage Breakfast Potatoes (V) Scrambled Eggs Steamed Greens (V)	13 Vegetarian Lasagna Vegan Lasagna (V) Garlic Bread (V) Roasted Broccoli (V) Brown Rice (V) Steamed Greens (V)	14 Garlic Ginger Chicken Sesame Ginger Tofu with Broccoli (V) Spicy Bok Choy(V) Egg Rolls White Rice (V) Steamed Greens(V)	15 Goan Beef Goan Seitan (V) Indian Cauliflower (V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	16 Chicken Enchiladas Three-Bean Enchiladas(V) Spanish Rice(V) Spicy Corn(V) Brown Rice(V) Steamed Kale (V)	17 Happy St. Patrick's Day! Shepherd's Pie(V) Corned Beef Roasted Cabbage, Carrots, and Onions(V) Baked Beans(V) Brown Rice(V) Steamed Greens(V)	18 Build Your Own Breakfast Burritos Sausage Breakfast Potatoes (V) Cilantro Lime Rice (V) Steamed Greens (V)
19 Build Your Own Breakfast Burritos Sausage Breakfast Potatoes (V) Cilantro Lime Rice (V) Steamed Greens (V)	20 Linguini with Broccoli Pesto (V) Corn Fritters (V) Garlic Bread (V) Roasted Veggies(V) Brown Rice(V) Steamed Greens(V)	21 Seitan and Broccoli(V) Beef and Broccoli Bok Choy with Cashews(V) Egg Rolls White Rice(V) Steamed Greens(V)	22 Chicken Korma (V) Vegetable Korma (V) Coconut Curry Cabbage(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	23 Chicken Nuggets Seitan Nuggets(V) Sweet Potato Mash (V) Mushroom Gravy(V) Brown Rice(V) Steamed Greens(V)	24 Cider-Brined Pork Steamed Broccoli (V) Garlic Potato Mash (V) Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	25 Biscuits (V) Sausage Gravy Vegan Sausage Gravy(V) Scrambled Eggs Breakfast Potatoes(V) Steamed Greens(V)
26 Biscuits (V) Sausage Gravy Vegan Sausage Gravy(V) Scrambled Eggs Breakfast Potatoes (V) Steamed Greens (V)	27 Creamy Mac and Cheese Kalamata Tempeh (V) Patatas Bravas (V) Steamed Corn (V) Brown Rice(V) Steamed Greens(V)	28 Thai Peanut Tofu(V) Thai Peanut Beef Spicy Cabbage(V) Egg Rolls White Rice (V) Steamed Greens(V)	29 Makhani Sauce Vegan Makhani (V) Seasoned Chicken or Veggeis(V) Samosas (V) White Basmati Rice(V) Steamed Greens(V)	30 Carnita Fajita Tempeh (V) Fajita Veggies (V) Corn Tortilla (V) Cilantro Lime Rice(V) Steamed Greens(V)	31 Lemon Pepper Alfredo(V) Mediterranean Chicken Roasted Broccoli (V) Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	