

# Good Earth Food Co-op

# Deli Hot Bar Menu for July 2015

Served Daily: M-F 11am-6pm; Weekends: 8am-2pm

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|---|--|---|---|--|
|   |   |   | July - 1<br>BBQ Pork Roast<br>BBQ Tempeh<br>Patatas Bravas<br>Brown Rice<br>Steamed Greens                             | 2<br>Chicken Potato Curry<br>Chickpea Potato Curry<br>Samosas<br>Brown Rice<br>Steamed Greens                     | 3<br>Tuna Cakes w/ Sauce<br>Kale and Potato Hash<br>Cakes<br>Roasted Vegetables<br>Quinoa<br>Steamed Greens   | 4<br>Closed for the<br>Holiday!  |
| 5<br>Scrambled Eggs<br>Pork Sausage<br>Vegan Sausage<br>Breakfast Potatoes (V)<br>Beans and Rice (V)    | 6<br>Chicken Chow Mein<br>Tofu Chow Mein<br>Eggrolls<br>White Basmati Rice<br>Steamed Greens            | 7<br>Chicken Alfredo<br>Vegan Alfredo<br>Roasted Vegetables<br>Red Quinoa<br>Steamed Greens                     | 8<br>Meat Loaf<br>Vegan Lentil Loaf<br>Roasted Vegetables<br>Brown Rice<br>Steamed Greens                              | 9<br>Chicken Makhani<br>Tofu Makhani<br>Samosas<br>Brown Rice<br>Steamed Greens                                   | 10<br>Vegetarian Lasagna<br>Vegan Lasagna<br>Garlic Bread<br>Roasted Potatoes<br>Brown Rice<br>Steamed Greens | 11<br>Sausage Egg Bake<br>Mushroom Egg Bake<br>Breakfast Potatoes(V)<br>Cinnamon Rolls(V)<br>Brown Rice          |
| 12<br>Sausage Egg Bake<br>Mushroom Egg Bake<br>Breakfast Potatoes(V)<br>Cinnamon Rolls(V)<br>Brown Rice | 13<br>Sweet and Sour Chicken<br>Sweet and Sour Tofu<br>Eggrolls<br>White Basmati Rice<br>Steamed Greens | 14<br>Lemon Herb Chicken<br>Falafels with sauce<br>Roasted Herb Veggies<br>Red quinoa<br>Steamed Greens         | 15<br>Chicken and Gravy<br>Mushroom Wild Rice<br>Mashed Potatoes<br>Roasted Vegetables<br>Brown Rice<br>Steamed Greens | 16<br>Chicken Bharta<br>Eggplant Bharta<br>Naan Bread<br>Samosas<br>Brown Rice<br>Steamed Greens                  | 17<br>Vegan Enchiladas<br>Cheesy Enchiladas<br>Spanish Rice<br>Spicy Corn<br>Brown Rice<br>Steamed Greens     | 18<br>Huevos Rancheros<br>Tofu Rancheros(V)<br>Black Beans and Rice  |
| 19<br>Huevos Rancheros<br>Tofu Rancheros<br>Black Beans and Rice  | 20<br>Thai Peanut Beef<br>Thai Peanut Tofu<br>Eggrolls<br>White Basmati<br>Steamed Greens               | 21<br>Mexican-Spiced Chicken<br>Corn Fritters<br>Spanish Rice<br>Spicy Corn<br>Brown Rice<br>Steamed Greens     | 22<br>Pork Roast<br>Mashed Potatoes<br>Vegan Gravy<br>Roasted Vegetables<br>Red Quinoa<br>Steamed Greens               | 23<br>Chicken Peanut Curry<br>Vegan Peanut Curry<br>Coconut Rice<br>Samosas<br>Brown Rice<br>Steamed Greens       | 24<br>Vegan Lentil Loaf<br>Au Gratin Potatoes<br>Roasted Vegetables<br>Brown Rice<br>Steamed Greens           | 25<br>Scrambled Eggs<br>Sausage<br>Beans and Rice<br>Maple Pecan Oatmeal   |
| 26<br>Scrambled Eggs<br>Sausage<br>Beans and Rice<br>Maple Pecan Oatmeal                                | 27<br>Orange Glazed Chicken<br>Orange Glazed Tofu<br>Eggrolls<br>White Basmati Rice<br>Steamed Greens   | 28<br>Chicken Wild Rice Pilaf<br>Mushroom Wild Rice Pilaf<br>Roasted Vegetables<br>Brown Rice<br>Steamed Greens | 29<br>Spaghetti<br>Beef Meatballs<br>Vegan "Meat" Balls<br>Garlic Bread<br>Brown Rice<br>Steamed Greens                | 30<br>Creamy Curry Chicken<br>Creamy Curry Veggies<br>Fragrant Basmati<br>Samosas<br>Brown Rice<br>Steamed Greens | 31<br>Vegan Sheppard's Pie<br>Roasted Vegetables<br>Brown Rice<br>Steamed Greens                              | AUG -1<br>Breakfast Burrito Bar<br>Eggs or Tofu<br>Pork or Vegan Meat<br>Beans and Rice<br>Tortillas and Fixins' |

V = Vegan