

Sample Weekly Menu*

	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST		Steel Cut Oats Tofu Scramble Sweet Potato Hash Steamed Greens	Steel Cut Oats "Just Eggs" Frittatas Red Bliss Hash	Steel Cut Oats Thai Scrambled Tofu Thai Curry Potatoes	Steel Cut Oats Eggs Saratoga Potato Hash
LUNCH		Chipotle Tomato Soup "Refried" Beans Spanish Rice Tortilla/Fresh Corn Chips Guacamole Salsa Pico AOLRC Khichdi	Roasted Cauliflower Soup Hummus Pita Roman Wraps Tabbouleh Hearth-Roasted Zucchini Chickpea Salad AOLRC Khichdi	Carrot Soup Pinto Beans with Ginger and Lombu Roasted Beets with Basii Vinaigrette Steamed Quinoa Tahini Kale Cabbage Salad AOLRC Khichdi	Kyoto White Miso Soup 5-Spice Tofu Sesame Soba Noodles Wok Charred Nappa Cabbage Ginger Slaw AOLRC Khichdi
DINNER	Winter Squash Soup Shepard's Pie Roasted Vegetables Farro Salad Steamed Greens AOLRC Khichdi Apple Cobbler	Sayur Lodeh Stew Sambal Tempeh Nasi Goreng (Vegetable Fried Rice) Coconut Green Beans Creamy Lemongrass Slaw AOLRC Khichdi Lime Panna Cotta	White Bean Italian Soup Creamy Penne Pasta Lentil Ragu Sautéed Seasonal Greens Bread Caesar Salad Cheese Cake	Masoor Dal Soup Palak Paneer Jeera Rice Aloo Gobi Naan Kachumber Salad Carrot Cake	

*Subject to change.