

# 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  Nacho Bar with Brazilian Black Beans  Taco Meat  Spanish Brown Rice  Tortilla/Fresh Corn chips/Guacamole/ Salsa Pico  AOLRC Khichdi	Callalo Soup  Tri Color Quinoa with Peas  Jamaican Jackfruit Stew  Sweet Potato and Greens in Tomato Sauce  Mango Salsa Salad  AOLRC Khichdi	Italian Vegetable and Red Bean Soup  Penne Alfredo with Spinach  Slow-Cooked Bolognese  Balsamic Kale  Radicchio and Romaine Salad with Pepperocini  AOLRC Khichdi	Soto Ayam Madan Soup  Lemongrass Rice Noodles  Honey-Ginger Chicken  Stir-Fried Green Beans  Gado-Gado Peanut Sprout Salad  AOLRC Khichdi
DINNER	Morrocان Stew  Ras El Hanout Lentil Loaf  Lime Mint Rice  Carrot Tagine  Steamed Greens  Schlada Salad  Chef's Choice Dessert	Augulemono Soup  Souvlaki  Farro  Sauteed Greens  Hummus, Olives, Tabouleh, Tzatziki, Pita  Chef's Choice Dessert	Kyoto White Miso Soup  Mandarin "Chicken"  Vegetable Fried rice with Cabbage  Sesame Broccoli  Asian Purple Cabbage Salad with Sesame Ginger Vinaigrette Dressing  Chef's Choice Dessert	Masoor Dal Soup  Palak Paneer  Jeera Rice  Aloo Gobi  Naan  Kachumber Salad  Chef's Choice Dessert	

\*Subject to change.