Weekly Menu

NOURISHING FOOD. MADE WITH CARE.



	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	• Dark Chocolate & Blueberry Overnight Oats • California Casserole—Avocado, Green Chili, Tomato, Pepper Jack Cheese • Hashbrowns • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads	• Gluten-Free Steel Cut Oats • Shaksuka • Spanish Red Potatoes • Yogurt • House-Made Granola • Fresh Fruits • Assorted Breakfast Breads	• Gluten-Free Steel Cut Oats • Cajun Tofu Scramble • Zesty Red Potatoes • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads	• Steel Cut Oats • Breakfast Bread Pudding • Baked Cinnamon Apples • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads	• Gluten-Free Steel Cut Oats • Just Egg Scramble • Roasted Sweet Potatoes • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads	• Organic Steel Cut Oats • Mediterranean Frittata • Home Fries • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads	• Organic Steel Cut Oats • Pancakes • Baked Apples • Greek Yogurt • House-Made Granola • Fresh Fruit • Assorted Breakfast Breads
LUNCH	• Mediterranean Chickpea Soup • Falafel with Pita Pocket • Hummus • Tzikiki Sauce • Shredded Lettuce • Cucumber & Feta Salad with Tomatoes & Olives	• Hot Pot Soup • General Tso's Tofu • Fried Rice • Sauteed Baby Bok Choy • Crunchy Napa Salad	• Irish Vegetable Soup • Shepherd's Pie • Sauteed Cabbage • Rosemary Fingerling Potatoes • Clementine Cucumber Salad	• Minestrone Soup • Stuffed Peppers • Roasted Brussels Sprouts • Tuscan Orzo • Vegan Caesar Salad	• Green Chili Corn Chowder • BBQ Tofu • Macaroni & Cheese • Roasted Asparagus • Summer Salad—Tomatoes, Cucumber, Bell Pepper, Cheese, Red Wine Vinegar	• Sambar Soup • Chikar Chole • Tamarind Rice • Cabbage Poriyal • Tawa Roti • Bel Puri Chat	• Cuban Black Bean Soup • Tofu Al Pastor • Cilantro Lime Rice • Cowboy Corn Salad • Guacamole • Vegan Queso • Tortilla Chips
DINNER	• Dal Spinach Soup • Paneer Mutter Masala • Vegetable Pulao • Naan • Vegetable Aviyal • Cucumber Raita • Heavenly Halwa	• Butternut Squash Soup • Campanelle Bolognese • Herbed Rolls • Roasted Broccolini • Vegan Caesar Salad • Vegan Chocolate Chip Cookies	• Rasam Soup • Kadai Paneer • Bhindi Aloo Sabji • Lemon Rice • Tawa Roti • Boondi Raita • Vermicelli Payasam	• Caldo do Millo (Spanish Corn & Potato Soup) • Spanish Omlette • Espinacas Con Garbonzo • Sauteed Greenbeans with Tomato & Pine Nuts • Radicchio Salad with Parmesan & Olives • Vegan Chocolate Cheesecake	• Miso Tofu Soup • Teriyaki Tempeh with Broccoli • Ginger Glazed Carrots • Steamed Rice • Cucumber Salad • Boba Passion Custard	• Chili Black Bean Burgers • Sweet Potato Fries • Corn on the Cob • Coleslaw • S'mores	• Pumpkin Gnocchi Soup • Velvety Butterbean Pasta • Roasted Romanesco Broccoli • Herbed Dinner Rolls • Caprese Salad • Vegan Creme Brule

ALL MEALS ARE VEGETARIAN • MADE WITH FRESH, WHOLESOME INGREDIENTS • PREPARED WITH CARE FOR YOUR WELL-BEING

THANK YOU FOR BEING PART OF OUR COMMUNITY.

Menus are subject to change.