

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	<p>Pork Curry</p> <p>Pork, Garlic, Tamari, Honey, Rice Vinegar, Chili Flakes, Onion, Garlic, Ginger, Bell Pepper, Mushrooms, Coconut Milk, Sambal, Lime, Spinach, Green Onions</p>	<p>Grilled Chicken Breast</p> <p>Chicken Breast, Chile Guajillo, Cumin, Coriander, Salt, Pepper, Cilantro, Pickled Onions</p>	<p>Shrimp Stew</p> <p>Shrimp, Onion, Red Potatoes, Garlic, Tomato, Corn, Old Bay Seasoning, Coconut Milk, Lemon, Chili Flakes, Salt, Pepper</p>	<p>Grilled Short Ribs</p> <p>Beef Short Ribs, Orange Juice, Lime Juice, Olive Oil, Onion, Parsley, Grilled Lemon, Fresh Herbs</p>	<p>Turkey Bolognese</p> <p>Ground Turkey, Onion, Garlic, Roasted Tomatoes, Celery, Chili Flakes, Salt, Pepper, Olive Oil, Roasted Spaghetti Squash, Pecorino Romano, Fresh Herbs</p>
Vegetable Mains	<p>Vegetable Curry</p> <p>Chili Paste, Ginger, Lemongrass, Onion, Garlic, Serrano Chiles, Lime, Mushrooms, Bell Pepper, Tofu, Honey, Long Beans, Spinach, Curry Powder, Salt, Pepper, Coconut Milk</p>	<p>Slow Cooked Black Beans</p> <p>Black Beans, Onion, Serrano Chiles, Garlic, Cumin, Chili Powder, Cayenne Pepper, Lime, Cilantro, Salt, Pepper, Cotija Cheese</p>	<p>Penne Pasta</p> <p>Pasta, Grilled Eggplant, Wild Arugula, Romesco-Red Pepper, Tomato, Almonds, Sherry Vinegar, Toasted Bread, Salt, Pepper, Olive Oil, Pecorino Romano, Salt, Pepper, Chili Flakes</p>	<p>Chickpea Salad</p> <p>Chickpeas, Onion, Garlic, Ginger, Carrots, Couscous, Cumin, Coriander, Turmeric, Caraway Seeds, Roasted Tomatoes, Raisins, Greek Yogurt Sauce-Greek Yogurt, Cilantro, Parsley, Paprika, Coriander, Cumin, Jalapeno</p>	<p>Sugo Finto</p> <p>Slow Roasted Tomatoes, Carrots, Onion, Garlic, Roasted Spaghetti Squash, Fresh Herbs, Pecorino Romano</p>
Vegetable Side	<p>Roasted Broccoli</p> <p>Broccoli, Garlic, Chili Flakes, Olive</p>	<p>Roasted Marble Potatoes</p> <p>Potatoes, Jalapeno, Mustard Vinaigrette- Whole Grain Mustard,</p>	<p>Slow Cooked Rainbow Chard</p> <p>Chard, Garlic, Chili Flakes, Salt, Pepper, Olive Oil</p>	<p>Beet Salad</p> <p>Beets, Kale, Toasted Pecans, Honey, Lemon Vinaigrette</p>	<p>Artichoke Salad</p> <p>Greens, Artichoke Hearts, Olives,</p>

	Oil, Salt, Pepper	Apple Cider Vinegar, Rice Bran Oil, Salt, Pepper			Cherry Tomatoes, Red Onion, Herb Vinaigrette, Salt, Pepper, Oregano
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