

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Roasted Mediterranean Shrimp Shrimp, Garlic, Salt, Pepper, Chili Flakes, Sumac, Olive Oil, Lemon Juice, Oregano, Fresh Herbs, Grilled Lemon	Beef Borscht Beef, Salt, Pepper, Tomato, Onion, Garlic, Cabbage, Salt, Pepper	Orange and Achioté Marinated Chicken Chicken Breast, Olive Oil, Garlic, Cumin, Salt, Pepper, Oregano, Achioté Paste, Orange Juice, Lime Juice	Teriyaki Glazed Salmon Bowl Salmon, Bok Choy, Sweet Potatoes, Mushrooms, Bell Peppers, Pickled Onions, Soba Noodles, Teriyaki Glaze- Tamari, Honey, Ginger, Sambal Olek, Lime Juice, Garlic, Pepper, Vegetable Stock, Mirin, Kombu	Duck Confit Duck, Lentils, Garlic, Carrot, Celery, Onion, Escarole, Chili Flakes, Salt, Pepper, Persimmon Glaze- Persimmons, Sugar, Chili Flakes, Mandarin Juice, Salt
Vegetable Mains	Pearl Couscous Salad Couscous, Spinach, Caramelized Onion, Kalamata Olives, Pine Nuts, Roasted Squash, Roasted Bell Peppers, Salt, Pepper, Lemon Juice, Grapeseed Oil, Fresh Herbs	Slow Cooked Tomato and Rainbow Chard with Marinated Feta Eggplant, Olive Oil, Onion, Garlic, Bell Pepper, Smoked Paprika, Caraway Seeds, Salt, Pepper, Cumin, Turmeric, Diced Tomato, Tomato Paste, Chili Flakes, Lemon, Rainbow Chard, Feta Cheese, Cilantro	Vegetable Pasta Pasta, Black Beans, Cherry Tomatoes, Bell Pepper, Onion, Avocado, Green Onions, Cilantro, Lime, Feta Cheese	Vegetarian Soba Noodle Bowl Grilled Tofu, Broccoli, Celery, Carrots, Bok Choy, Sweet Potatoes, Mushrooms, Bell Peppers, Pickled Onions, Soba Noodles, Teriyaki Glaze- Tamari, Honey, Ginger, Sambal Olek, Lime Juice, Garlic, Pepper, Vegetable Stock, Mirin, Kombu	Wild Mushroom Barley Salad Pearl Barley, Hen of the Woods Mushrooms, Oyster Mushrooms, Garlic, Shallots, Oregano, Thyme, White Wine, Olive Oil, Salt, Pepper, Pecorino Romano Cheese
Vegetable Side	Shaved Brussels Sprouts Salad Brussels Sprouts, Artichoke Hearts, Golden Baby Beets, Chioga Beets, Dried Cherries, Roasted Pistachios, Citrus Vinaigrette- Citrus Juice, Olive Oil, Dijon Mustard, Salt, Pepper, Honey	Potato Latkes Potato, Eggs, Flour, Baking Powder, Salt, Creme Fraiche, Dill	Cabbage Salad Green Cabbage, Purple Cabbage, Carrots, Red Onion, Bell Pepper, Jalapeno, Cilantro, Lime, Salt, Pepper	Kimchi Cucumber Coleslaw Kimchi, Shredded Napa Cabbage, Cucumber, Korean Chili Flakes, Rice Wine Vinegar	Roasted Cauliflower Hazelnut Salad Cauliflower, Hazelnut, Celery, Pomegranate Seeds, Parsley, Olive Oil, Sherry Vinegar, Maple Syrup, Cinnamon, Allspice, Salt, Pepper