

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Turkey Curry Turkey, Tomato, Garlic, Onion, Curry Leaves, Yellow Curry, Garam Masala, Coriander, Turmeric, Salt, Pepper, Lemon Juice, Bell Pepper, Cilantro	Slow Roasted Balsamic Pork Loin Pork Loin, Balsamic Vinegar, Olive Oil, Chili Flakes, Coriander, Garlic, Onion Powder, Paprika, Salt, Pepper, Parsley	Lamb Barbacoa Tacos Lamb, Salt, Ancho Chile Powder, Cumin, Oregano, Onion Powder, Garlic Powder, Chipotle Powder, Cloves, Sauce- Onion, Garlic, Oregano, Cumin, Cloves, Cinnamon, Cider Vinegar, Chipotle in Adobo, Lime, Salt, Stock, Salsa Verde- Tomatillos, Onion, Garlic, Lime, Cilantro, Cumin, Salt, Corn Tortillas	Flat Iron Steak with Mushroom Sauce Steak, Garlic, Olive Oil, Yellow Onions, Mushrooms, Cornstarch, Worcestershire Sauce, Red Wine, Cream, Chives, Parsley, Salt, Black Pepper.	Chicken Milanese with Buttermilk Sauce Chicken Breast, Eggs, Flour, Panko, Salt, Pepper Buttermilk Sauce- Mayo, Creme Fraiche, Buttermilk, Lemon Juice, Parsley, Garlic Powder, Onion Powder, Salt, Pepper Garnish Cucumber, Radishes, Distilled White Vinegar, Salt, Sugar
Vegetable Mains	Dal Makahani Black Lentils, Tomato, Chickpeas Garlic, Onion, Curry Leaves, Yellow Curry, Garam Masala, Coriander, Turmeric, Salt, Pepper, Lemon Juice	Balsamic Marinated Tofu Tofu Balsamic Vinegar, Olive Oil, Chili Flakes, Coriander, Garlic, Onion Powder, Paprika, Salt, Pepper, Parsley	Pasilla and Portobello Tacos Pasilla Peppers, Portobello Mushrooms, Chickpeas, Olive Oil, Lime, Garlic, Pickled Onions, Queso Fresco, Cilantro, Salt, Pepper, Corn Tortillas	Baked Seitan with Mushroom Sauce Seitan, Garlic, Olive Oil, Yellow Onions, Assorted Mushrooms, Cornstarch, Worcestershire Sauce, Red Wine, Cream,, Chives, Parsley, Salt, Pepper	Sesame Cauliflower Cauliflower, Flour, Salt, Pepper, Garlic Powder, Onion Powder, Olive Oil, Panko Finely Chopped Garlic, Grated Ginger, Brown Sugar, Rice Wine Vinegar, Sesame Oil, Cornflour
Vegetable Side	Indian Spice Roasted Cauliflower Cauliflower, Salt, Pepper, Garam Masala, Turmeric, Grapeseed Oil, Fenugreek, Yellow Curry, Coriander, Fresh Herbs	Grilled Chicories Radicchio, Romaine, Capers, Oregano, Chili Flakes, Pecorino Romano Cheese	Grilled Pineapple Salad Pineapple, Jalapeno, Onion, Bell Pepper, Cilantro, Lime, Orange, Olive Oil, Garlic, Salt	Asparagus and Broccoli Salad Asparagus, broccoli, garlic, lemon juice, olive oil, radish, almonds, parmesan cheese, salt, pepper	Golden Beets and Brussels Golden Beets, Brussel Sprouts, Olive Oil, Salt, Pepper, Shallots, Fresh Thyme, Toasted Almonds