

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish, and Seafood Mains</b>	<p><b>Grilled Italian Sausage w/ Broccolini, Lemon and Capers</b></p> <p>Italian Sausage, Broccolini, Lemon, Capers, Pecorino Cheese, Garlic, Salt, Pepper, Chili Flakes</p>	<p><b>Beef Udon Noodle Bowl</b></p> <p>Sirloin Beef, Salt, Pepper, Garlic, Korean Chili Flakes, Rice Bran Oil, Udon Noodles, Dashi- Bonito Flakes, Kombu, Dried Shiitake Mushrooms, Tamari, Mirin, Sugar, Salt, Green Onions, Cilantro, Bok Choy</p>	<p><b>Chili Lime Shrimp Tacos</b></p> <p>Shrimp, Lime Juice, Chili Flakes, Olive Oil, Paprika, Chili Powder, Cumin, Salsa Rojo- Tomato, Lime Juice, Salt, Pepper, Garlic, Cilantro, Corn Tortillas</p>	<p><b>Lamb Kleftiko</b></p> <p>Lamb Shoulder, Tomato, Red Bell Pepper, Red Onion, Bay Leaves, Salt, Pepper, Olive Oil, Dried Oregano, Cinnamon, Garlic, Grilled Lemon, Feta Cheese</p>	<p><b>Chicken Tiki Masala</b></p> <p>Chicken, Onion, Bell Pepper, Tomato, Turmeric, Garam Masala, Curry Leaves, Yellow Curry, Salt, Pepper, Cumin, Ginger, Chili Powder, Coriander, Coconut Milk, Cilantro</p>
<b>Vegetable Mains</b>	<p><b>Mushroom Sugo with Roasted Spaghetti Squash</b></p> <p>Onion, Garlic, Tomato, Mushrooms, Oregano, Chili Flakes, Basil, Spaghetti Squash, Salt, Pepper, Grana Padano Cheese, Olive Oil</p>	<p><b>Tofu Udon Noodle Bowl</b></p> <p>Tofu, Salt, Pepper, Grape Seed Oil, Tamari, Udon Noodles, Vegetarian Dashi- , Kombu, Shiitake Mushrooms, Tamari, Mirin, Sugar, Salt, Green Onions, Cilantro, Bok Choy</p>	<p><b>Hominy Tacos</b></p> <p>Hominy, Yellow Onion, Bell Pepper, Pinto Beans, Lime Juice, Chili Flakes, Olive Oil, Paprika, Chili Powder, Cumin, Salsa Rojo- Tomato, Lime Juice, Salt, Pepper, Garlic, Cilantro, Corn Tortillas</p>	<p><b>Vegetarian Kleftiki</b></p> <p>Seitan, Tomato, Red Bell Pepper, Red Onion, Bay Leaves, Salt, Pepper, Olive Oil, Dried Oregano, Cinnamon, Garlic, Grilled Lemon</p>	<p><b>Slow Cooked Chickpea Masala</b></p> <p>Chickpeas, Onion, Bell Pepper, Tomato, Turmeric, Garam Masala, Curry Leaves, Yellow Curry, Salt, Pepper, Cumin, Ginger, Chili Powder, Coriander, Coconut Milk, Cilantro</p>
<b>Vegetable Side</b>	<p><b>Red Pepper Panzanella</b></p> <p>Bell Peppers, Onions, Mozzarella, Basil, Oregano, Bread, Olive Oil, Salt, Pepper, Red Wine Vinegar</p>	<p><b>Charred Cabbage Salad w/ Ginger Miso Dressing</b></p> <p>Cabbage, Green Onions, Toasted Sesame Seeds, Ginger Miso Dressing- Tamari, Miso Paste, Rice Vinegar, Brown Sugar, Mirin, Ginger, Garlic, Sesame Oil, Chili Flakes, Salt, White Pepper</p>	<p><b>Black Bean Salad</b></p> <p>Black Beans, Mango, Cilantro, Red Onion, Cumin, Lime Juice, Red Bell Pepper, Salt, Pepper, Garlic, Jalapeno</p>	<p><b>Lemony Garlic Sweet Potatoes</b></p> <p>Sweet Potatoes, Salt, pepper, Garlic, Lemon Juice, Lemon Zest, Green Onion</p>	<p><b>Vaudavan Roasted Caulilini</b></p> <p>Caulilini, Salt, Pepper, Vaudavan, Lemon Juice, Grape Seed Oil</p>