

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Korean Style Boneless Beef Short Ribs Korean Beef Short Ribs, Asian Pear, Ginger, Garlic, Tamari, Brown Sugar, Rice Vinegar, Sesame Oil, Scallions, Pea Shoots, Sesame Seeds	Grilled Pesto Chicken Pasta Spaghettini, Blistered Cherry Tomatoes, Mozzarella, Basil Pesto- Basil, Spinach, Garlic, Lemon, Olive Oil, Salt, Pepper	Chermoula Grilled Pork Pork Loin Chops, Cilantro, Garlic, White Wine Vinegar, Lemon, Paprika, Cumin, Fresno Chiles, Olive Oil, Cayenne Pepper, Salt, Pepper	Grilled Hoisin Soy Ginger Salmon Salmon, Salt, Pepper, Sauce-Hoisin Sauce, Tamari, Ginger, Rice Wine Vinegar, Lime Juice, Garlic, Green Onion, Toasted Sesame Seeds	Turkey Curry Turkey, Salt, Pepper, Yellow Curry, Allspice, Coriander, Clove, Garam Masala, Turmeric, Onion, Bell Pepper, Tomato, Garlic, Ginger, Cilantro
Vegetable Mains	Korean Style Tofu Tofu, Sesame Oil, Garlic, Maple, Korean Chili Paste, Onion, Garlic, Tamari, Mirin, Asian Pear, Bell Pepper, Salt, Pepper, Green Onions, Dried Chiles	Pesto and Chargrilled Vegetable Pasta Spaghettini, Kalamata Olives, Sun Dried Tomatoes, Roasted Red Peppers, Grilled Eggplant, Basil Pesto- Basil, Spinach, Garlic, Lemon, Olive Oil, Salt, Pepper, Grana Padano Cheese	Moroccan Stuffed Peppers Bell Peppers, Pearl Couscous, Lemon, Olive Oil, Spinach, Red Onion, Chickpeas, Tomato, Harissa, Golden Raisins, Orange Juice, Cilantro, Salt, Pepper	Asian Rice Noodles Vermicelli Rice Noodles, Carrots, Cucumber, Celery, Pickled Red Onion, Hoisin Ginger Soy Sauce-Hoisin Sauce, Tamari, Ginger, Rice Wine Vinegar, Lime Juice, Garlic, Green Onion, Toasted Sesame Seeds, Pea Shoots, Mint, Cilantro	Slow Cooked Lentil Curry Black Lentils, Salt, Pepper, Yellow Curry, Allspice, Vegetable Stock, Coriander, Clove, Garam Masala, Turmeric, Onion, Bell Pepper, Tomato, Garlic, Ginger, Cilantro
Vegetable Side	Kimchi Kimchi, Cucumber, Rice Wine Vinegar, Salt	Watermelon Salad Watermelon, Balsamic Reduction, Feta Cheese, Mint, Toasted Walnuts, Olive Oil, Sea Salt	Mustard Potato Salad Baby Potatoes, Spring Onions, Whole Grain Mustard, Olive Oil, Salt, Pepper, Dill	Sweet and Sour Grilled Chinese Long Beans Chinese Long Beans, Salt, Pepper, Sesame Oil, Sauce-Brown Sugar, Sambal Olek Chili Sauce, Rice Wine Vinegar, Lime Juice, Honey, Cilantro, Green Onion	Shaved Broccoli w/ Vadouvan Broccoli, Salt, Pepper, Rice Bran Oil, Roasted Red Bell Peppers, Vadouvan, Dried Cranberries, Fresh Herbs