

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Grilled Flank Steak Steak, Salt, Pepper, Ancho Chile Powder, Brown Sugar, Paprika, Cayenne Pepper, Granulated Garlic, Coriander, Cumin, Salsa Rojo- Tomato, Onion, Tomatillos, Cilantro, Jalapeno, Lime Juice, Salt, Pepper, Garlic	Piri Piri Chicken Chicken, Garlic, Shallots, Bell Pepper, Fresno Chiles, Parsley, Cilantro, Paprika, Oregano, Lemon Juice, Red Wine Vinegar, Olive Oil, Salt □	Baked Salmon Bowl Salmon, Salt, Pepper, Orzo Pasta, Tomato, Olives, Roasted Onions, Arugula, Romesco Sauce- Roasted Red Bell Pepper, Tomato, Bread, Almonds, Red Wine Vinegar, Olive Oil	Shrimp Jambalaya Shrimp, Andouille Sausage, Onion, Bell Pepper, Celery, Tomato, Blackening Seasoning- Paprika, Onion Powder, Garlic Powder, Thyme, Cayenne Pepper, Black Pepper, Salt, Bay Leaves, Brown Rice, Grape Seed Oil, Vegetable Stock, Green Onion	Korean Style Grilled Pork Pork Shoulder, Black Bean Paste, Garlic, Ginger, Korean Chili Paste, Rice Wine Vinegar, Tamari, Sesame Oil, Brown Sugar, Sesame Seeds, Green Onion
Vegetable Mains	Spice Rubbed Tofu w/ Radish Salsa Tofu, Salt, Pepper, Ancho Chile Powder, Cumin, Radish Salsa- Radish, Green Onions, Cilantro, Jalapeno, Lime, Olive Oil, Salt, Queso Fresco	Slow Cooked Chickpeas Onion, Garlic, Cherry Tomatoes, Salt, Pepper, Lime, Serrano Chiles, Coconut Milk, Chickpeas, Bell Pepper, Curry Leaves	Grilled Vegetable and Seitan Bowl Grilled Carrots, Zucchini, Squash, Eggplant Orzo Pasta, Tomato, Olives, Roasted Onions, Arugula, Romesco Sauce- Roasted Red Bell Pepper, Tomato, Bread, Almonds, Red Wine Vinegar, Olive Oil	Etouffee TVP, Onion, Bell Pepper, Celery, Tomato, Blackening Seasoning- Paprika, Onion Powder, Garlic Powder, Thyme, Cayenne Pepper, Black Pepper, Salt, Bay Leaves, Brown Rice, Grape Seed Oil, Vegetable Stock, Dark Roux, Green Onion	Cold Udon Noodle Salad Udon Noodles, Carrots, Napa Cabbage, Edamame, Pea Shoots, Cilantro, Sesame Seeds, Peanut Dressing- Peanut Butter, Tamari, Rice Wine Vinegar, Sesame Seed Oil, Brown Sugar, Ginger
Vegetable Side	“Simons” Green Pea Salad English Peas, Red Onion, Fennel, Dill, Salt, Pepper, Creme Fraiche, Greek Yogurt, Lemon Juice	Roasted Squash Squash, Zucchini, Shallots, Olive Oil, Jalapeno, Queso Fresco, Cilantro, Toasted Pumpkin Seeds, Lime Juice, Salt, Pepper	Roasted Cauliflower and Artichoke Salad Cauliflower, Artichoke Hearts, Cherry Tomatoes, Roasted Red Bell Pepper, Capers, Red Onion, Basil, Mustard Dressing- Whole Grain Mustard, White Wine Vinegar, Lemon Juice, Olive Oil, Salt, Pepper	Cajun Sweet Potato Wedges w/ Yogurt Dressing Sweet Potato, Salt, Cayenne Pepper, Grape Seed Oil, Greek Yogurt, Lemon Juice, Salt	Snap Pea Salad Snap Peas, Radish, Ricotta Salata, Mint, Lemon Dressing- Lemon Juice, White Wine Vinegar, Olive Oil, Sumac, Salt, Pepper