

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Mediterranean Turkey Turkey, Salt, Pepper, Oregano, Thyme, Salt, pepper, Garlic, Olive Oil, Yellow Onion, Banana Peppers, Sun Dried Tomatoes, Black Beans, Balsamic Vinegar	Beef Shawarma Bowl Flat Iron Steak, Salt, Pepper, Za'atar, Sumac, Cumin, Lemon, Marjoram, Red Onion, Cucumber, Bell Pepper, Lettuce, Hummus-Chickpeas, Tahini Paste, Lemon, Garlic, Olive Oil, Harissa, Bulgur, Greek Yogurt Sauce-Yogurt, Cucumber, Cumin, Coriander, Serrano Chiles, Mint, Lemon, Salt, Pita Bread	Chicken Curry Boneless Chicken Thighs, Lemongrass, Ginger, Garlic, Shallots, Salt, Pepper, Coconut Milk, Turmeric, Bay Leaves, Potato, Carrots, Curry Powder, Cayenne Pepper, Paprika	Shrimp and Andouille Sausage Jambalaya Shrimp, Sausage, Olive Oil, Onions, Garlic, Celery, Bell Peppers, Tomatoes, Cajun Seasoning - Smoked Paprika, Cayenne Pepper, Garlic Powder, Thyme, Dried Oregano, Onion Powder, Salt, Black Pepper, Brown Rice, Green Onions	Honey Ginger Pecan Pork Pork, Salt, Pepper, Garlic, Ginger, White Wine, Honey, Toasted Pecans, Fresh Herbs
Vegetable Mains	Stewed Eggplant and Chickpeas w/ CousCous Eggplant, Salt, Pepper, Olive Oil, Yellow Onion, Red Bell Pepper, Garlic, Kalamata Olives, Chickpeas, Tomato, CousCous, Fresh Herbs	Falafel Shawarma Bowl Falafel, Salt, Pepper, Za'atar, Sumac, Cumin, Lemon, Marjoram, Red Onion, Cucumber, Bell Pepper, Lettuce, Hummus-Chickpeas, Tahini Paste, Lemon, Garlic, Olive Oil, Harissa, Bulgur, Greek Yogurt Sauce-Yogurt, Cucumber, Cumin, Coriander, Serrano Chiles, Mint, Lemon, Salt, Pita Bread	Vegetable and Tofu Curry Butternut Squash, Tofu, Lemongrass, Ginger, Garlic, Shallots, Salt, Pepper, Coconut Milk, Turmeric, Bay Leaves, Potato, Carrots, Curry Powder, Cayenne Pepper, Paprika	Seitan and Beyond Sausage Jambalaya Seitan, Beyond Meat Sausage, Olive oil, Onions, Garlic, Celery, Bell Peppers, Tomatoes, Cajun Seasoning - Smoked Paprika, Cayenne Pepper, Garlic Powder, Thyme, Dried Oregano, Onion Powder, Salt, Black Pepper -, Brown Rice, Green Onions	Southern Vegetarian TVP TVP, Onion, Celery, Bell Pepper, Garlic, Olive Oil, Salt, Pepper, Paprika, Cayenne Pepper, Vegetable Stock, Parsley, Green Onion
Vegetable Side	Grilled Broccolini Broccolini, Salt, Pepper, Garlic, Chili Flakes, Lemon	Roasted Potato Salad Yukon Potatoes, Olive Oil, Fresh Herbs, Shallots, Scallions, Grilled Lemon, Garlic, Salt, Pepper	Noodle Salad Noodles, Celery, Bell Pepper, Purple Cabbage, Cilantro, Green Onions, Mint, Tamari, Sambal Chili Sauce, Grape Seed Oil, Olive Oil	Slow Cooked Collard Greens Collard Greens, Onion, Garlic, Olive Oil, Chili Flakes, Mushroom Seasoning, Vinegar, Salt, Pepper	Roasted Brussels Sprouts Brussels Sprouts, Salt, Pepper, Dried Cranberries, Ricotta Salata, Balsamic Reduction