

# Febuary

# Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Teriyaki Portabello Over White Rice and Sesame Broccoli	BreakFeast: Biscuits, Country Gravy, Cage Free Eggs, Potatoes O Brien, Asparugus
5	6	7	8	9
Eggplant Parnesan Sandwich w/ Pesto Pasta Primavera	Crispy Coconut Tofu w/ Pineapple Salsa Over White Rice and Asparugus	Grilled Marinated Vegetables Skewers Over Rice and Grilled Vegetables	Spicy Buttenut Squash w/ Cajun Remoulade w/ Garlic Greenbeans and Creamy Polenta	Herb Roasted Portabello over Mashed Potatoes and Asparugus
12	13	14	15	16
Crispy General Tso Tofu Over White Rice and Stir Fried Vegetables	Verde Calabacitas Enchaladas w/ Guacamole, Pico De Gallo and Creama	Roasted Italian Vegetable Sandwich w/ Coleslaw and Potato Wedges	Medi Plate: Fresh Pita, Hummus, Falafel, Tabbouleh, Cucumber Feta Salad	Italian Vegetable Fettuccine Alfredo
19	20	21	22	23
Vegetable Fajitas, Housemade Tortillas, Refried Beans, Spanish Rice	Carolina Bbq Portabello Sandwiches w/ Potato Wedges and Coleslaw	Crispy Eggplant Parmesan Over Pesto Pasta Primavera	N/A	N/A
26	27	28		
Lentil Quinoa Loaf w/ Mashed Potatoes and Vegetables	Calabacitas Super Burrito, w/ Pico De Gallo, Guacamole, and Creama	Korean Marinated Tofu Over Rice and Sesame Broccoli		

\*\*gluten free