

March

Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				BreakFast: Biscuits and Mushroom Gravy, Eggs, and Potatoes O'Brien
4	5	6	7	8
Teriyaki Tofu Steamed Rice and Sesame Broccoli	Rojo Veggie Enchaladas w/ Guacamole, Pico De Gallo And Creama	Hoisen Glazed Tofu Over Rice Asparugus	Southern Fried Zucchini and Mushrooms w/ Mashed Potatoes, Biscuit and Vegetables	Hearty Italian Vegetable Stew Over Creamy Parmesan Polenta
11	12	13	14	15
Crispy Eggplant Parmesan Over Pesto Pasta	Pan Fried Tofu Yakisoba w/ Vegetables	Lentil Quinoa Vegtloaf w/ Mashed Potatoes and Vegetables	Mediterranean Vegetable Stew Over Saffron Spiced Rice	Irish Vegetable Stew w/ Potatoes, Cabbage and Carrots
18	19	20	21	22
Crispy General Tso Tofu Over White Rice and Stir Fried Vegetables	Veggie Fajitas w/ Handmade Tortillas Refried Beans and Spanish Rice	Crispy Pesto Eggplant Over Rice and Asparugus	Classic Layered Italian Vegetable Lasagna	Bbq Poratbello Over Mashed Potatoes and Cheddar Broccoli
25	26	27	28	29
Spicy Thai Tofu Curry Over Rice and Vegetables	Herb Roasted Butternut Squash Over Mashed Potatoes and Asparugus	Loco Moco Portabello w/ Fried Egg, Gravy Over Rice	Grilled Teriyaki Tofu Steamed Rice and Sesame Broccoli	Hearty Vegetable Stew Over Mashed Potatoes

**gluten free

