

August

Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Bbq Portabello White Cheddar Mac and Cheese and Broccoli	Pan Fried Tofu Yakisoba w/ Vegetables
5	6	7	8	9
**Bbq Tofu Over Mashed Potatoes and Cheddar Broccoli	Super Veggie Burrito w/ Guacamole, Pico De Gallo And Creama	Eggplant Parmesan Over Pesto Pasta	**Sun Dried Tomato Pesto Butternut Squash Over Rice Asparagus	Hoisen Glazed Chinese Tofu Over Rice and Sesame Broccoli
12	13	14	15	16
Crispy General Tso Tofu Over White Rice and Stir Fried Vegetables	Blacked Butternut Squash Over Grits and Collard Greens	**Lentil Quinoa Loaf w/ Mashed Potatoes and Vegetables	Classic Layered Italian Vegetable Lasagna	Loco Moco Portabello w/ Fried Egg, Gravy Over Rice
19	20	21	22	23
Grilled Teriyaki Tofu Steamed Rice and Sesame Broccoli	**Vegetable Fajitas w/ Handmade Tortillas Refried Beans and Spanish Rice	** Butternut Squash Picatta Over Rice and Asparagus	** Hearty Italian Vegetable Stew Over Creamy Parmesan Polenta	**Cheesey Rice Stuffed Pepper Over Mashed Potatoes and Asparagus
26	27	28	29	30
Mozzarella Stuffed Portabello Over Pesto Pasta	Southern Fried Zucchini and Mushroomw/ Mashed Potatoes, Biscuit and Vegetables	Medi Plate: Fresh Pita, Hummus, Falafel, Tabbouleh, Cucumber Feta Salad	**Southern Veggie Stew Over Grits	Crispy Eggplant Parmesan Over Pesto Pasta

**gluten free

