

Week of November 30th - December 4th

## Monday November 30th

### Lemongrass Tofu

grilled tofu marinated in lemongrass and ginger served over fragrant jasmine rice and steamed vegetables

### **Tuesday December 1st**

### **Calabacitas Tacos**

roasted assorted vegetables topped with fresh slaw, mango avocado salsa, and corn tortilla served with beans and rice

### Wednesday December 2nd

### Tempeh & Mushroom Scallopini

tempeh medallions sauteed with cremini mushrooms and sherry served over rice pilaf and roasted green beans

# Thursday December 3rd

#### **Eggplant Parmesan**

breaded eggplant topped with marinara sauce and mozzarella cheese served with spaghetti and steamed broccoli

### Friday December 4th

### Vegetable Shepherd's Pie

classic casserole dish of tender lentils braised in red wine, herbs, and vegetables and topped with creamy mashed potatoes

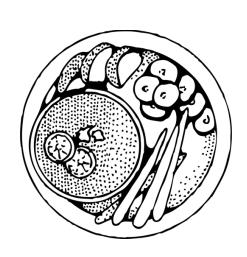
### Salads

Available everyday of the week

### Entree Salad of the Week

#### **Taco Salad**

seasoned black beans, romaine lettuce, black olives, shredded cheddar, avocado, sour cream, pico de gallo





Week of December 7th - 11th

# Monday December 7th

### Vegetable Pad Thai

stir fried rice noodles tossed with sauteed vegetables, bean sprouts, carrots, cabbage, fresh herbs, and pad thai sauce

## Tuesday December 8th

#### **Potato Burritos**

fried potatoes with sauteed peppers and onions, beans, rice, and cheese served with fresh pico de gallo, sour cream, and guacamole

# Wednesday December 9th

#### **Southern Fried Tempeh**

crisp fried tempeh served with mashed potatoes, roasted vegetables, and a fresh homemade biscuit

# Thursday December 10th

#### Pan Roasted Portobello

pan roasted portobello mushroom served over a caramelized onion puree, mashed potatoes, and sauteed brussel sprouts

# Friday December 11th

#### **Tofu & Mushroom Cutlet**

tofu cutlet tossed with mushroom gravy and served over egg noodles and a side salad

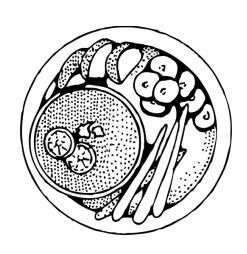
### Salads

Available every day of the week

### Entree Salad of the Week

#### **Chef Salad**

garbanzo beans, hard boiled egg, cheddar cheese, tomato, red onion, black olive, pepperoncini, mesclun greens and our house made red wine vinaigrette





Week of December 14th - 18th

## Monday December 14th

### Stuffed Delicata Squash

roasted delicata squash stuffed with homemade cornbread stuffing served over mashed potatoes, gravy, and vegetable du jour

### **Tuesday December 15th**

### Jamaican Vegetable Roll Ups

spiced peppers & onions stuffed inside a tortilla with monterey jack cheese and served with a Jamaican Jerk Aioli and a side of red beans and rice

### Wednesday December 16th

#### **Buffalo Fried Tofu**

fried tofu tossed in our homemade spicy buffalo sauce served with celery and carrot sticks, blue cheese dressing, and jo jo potatoes

# Thursday December 17th

#### Italian Vegetable Stew

classic vegetable stew with assorted vegetables, tomato, garlic, and herbs served with garlic bread

### Friday December 18th

### **Grilled Portobello Mushroom**

grilled portobello mushroom served with homemade yorkshire pudding, creamed spinach, and baked potato

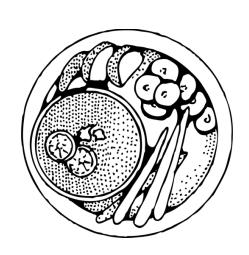
### Salads

Available every day of the week

### Entree Salad of the Week

#### Mandarin Tofu Salad

grilled tofu, romaine lettuce, cabbage, crispy wontons, mandarin oranges, carrot, cucumber, snap pea, red onion, soy lime vinaigrette





Week of December 21st - 25th

### Monday December 21st

#### General Tso's Tofu

tender battered tofu tossed with our homemade General Tso's sauce served over sticky rice and steamed broccoli

# Tuesday December 22nd

#### **Stuffed Portobello**

portobello mushroom stuffed with tomato and mozzarella cheese served with angel hair pasta and sauteed asparagus

### Wednesday December 23rd

#### Pasta Primavera

classic vegetable primavera marinara sauce tossed with pasta and served with our house made focaccia bread

## Thursday December 24th

\*Closed for Holiday

# Friday December 25th

\*Closed for Holiday

### Salads

Available every day of the week

### Entree Salad of the Week

### Grilled Portobello Caesar Salad grilled portobello mushroom, romain

grilled portobello mushroom, romaine lettuce, crouton, parmesan cheese, and house made caesar dressing

