



VEGETARIAN DINNER MENU

Week of February 5th - 9th

Monday February 5th

Honey Mustard Tempeh

Tempeh cutlet roasted and glazed in our homemade honey mustard sauce served with roasted rosemary potatoes and sauteed vegetables

Tuesday February 6th

Potato Burritos

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

Wednesday February 7th

Falafel Shawarma Wrap

homemade falafel, topped with our house made yogurt sauce, tomatoes, lettuce, red onion, and cucumbers wrapped inside a tortilla

Thursday February 8th

Tofu Stir Fry

glazed tofu with an assortment of vegetables gently tossed in our house teriyaki sauce and served over jasmine rice

Friday January 9th

Classic Manicotti

homemade pasta casserole made with assorted cheese stuffed shells layered with our marinara sauce and served with a house side salad



VEGETARIAN DINNER MENU

Week of February 12th - 16th

Monday February 12th

Moroccan Cauliflower

roasted cauliflower tossed in our spiced Harrisa sauce and served with couscous and a cucumber salad

Tuesday February 13th

Ginger Hoisin Tofu Rice Bowls

jasmine rice, sauteed marinated tofu, roasted vegetables, and a ginger hoisin sauce

Wednesday February 14th

Vegetable Verde Enchiladas

tortillas stuffed with seasoned potatoes and onions mixed with monterey jack cheese and topped with housemade verde enchilada sauce

Thursday February 15th

BBQ Tempeh

roasted tempeh tossed in our homemade barbeque sauce served with mashed potatoes and coleslaw

Friday February 16th

Mushroom Fettuccine Alfredo

sauteed mushrooms, broccoli, and fettuccine tossed in our homemade alfredo sauce



VEGETARIAN DINNER MENU

Week of February 19th - 23rd

Monday February 19th

Hoisin Glazed Tofu

hoisin & ginger glazed tofu served over sticky rice with garlic green beans

Tuesday February 20th

Monte Cristo Sandwich

classic griddled sandwich made swiss cheese and dipped in french toast batter served with fruit salad and preserves

Wednesday February 21st

Vegetable Pot Pie

tender slow cooked stew of vegetables topped with fresh baked pie crust in a "personal pie" serving size

Thursday February 22nd

Sesame Crusted Tofu

tofu cutlet crusted with sesame seeds seared and served rare with a mango avocado salsa and rice and vegetables

Friday February 23rd

TDLD Portobello Sliders

sliders made with griddled portobello mushroom topped with Swiss cheese, pickles, and fry sauce on a toasted slider bun served with potato wedges



VEGETARIAN DINNER MENU

Week of February 26th - March 1st

Monday February 26th

BBQ Cauliflower Steak

slow roasted cauliflower served with classic coleslaw and mac & cheese

Tuesday February 27th

Southern Fried Tempeh

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

Wednesday February 28th

Sweet Potato Mole Plate

tender roasted sweet potatoes topped with our house made spiced mole sauce served with a side of rice, beans, and corn tortillas

Thursday February 29th

Teriyaki Tofu

tofu cutlet glazed with our house made teriyaki sauce and pineapple salsa served with sticky rice and sauteed local vegetable

Friday March 1st

Chickpea Biryani

a savory, aromatic chickpea and basmati rice dish stewed with Indian spices and vegetables served with Naan bread
