



# Sample Weekly Menu

Day	Breakfast	Lunch	Dinner
Sunday	Gluten-Free Steel Cut Oats Masala Magic Vegan Scramble Roasted Potatoes Yogurt House-Made Granola Fresh Fruits Assorted Breakfast Breads	Coconut Milk Stew with Cabbage, Carrots, Red Pepper, and Corn Indonesian Vegetable Fried Rice Tempeh with Sweet Chili Sauce Sauteed Green Beans Lemon Ginger Slaw	Vegan Cream of Tomato Soup <b>Flatbread Pizza:</b> Three Cheese Spinach Margherita Gluten-Free Cheese House Salad
Monday	Gluten-Free Steel Cut Oats Shakshouka (plant-based poached egg dish) Spanish Potatoes Greek Yogurt House-Made Granola Fresh Fruit	Asparagus Soup Veggie Burger Corn on the Cob Potato Chips Southern Red Potato Salad	Vegan Creamy Pea Soup Red Pepper Romesco Penne Roasted Broccoli with Beurre Monte Sauce Focaccia Bread Vegan Caesar Salad
Tuesday	Gluten-Free Steel Cut Oats Tofu Scramble Steamed Red Potatoes Greek Yogurt House-Made Granola Fresh Fruit Assorted Breakfast Breads	Butternut Squash Soup Paneer Tikka Masala Vegan Butter Rice Sauteed Green Beans Naan Pea Salad	Brunswick Stew BBQ Tempeh Baked Beans Roasted Green Beans South-Style Potato Salad
Wednesday	Gluten-Free Steel Cut Oats Mediterranean Frittata Home Fries Greek Yogurt House-Made Granola Fresh Fruit Assorted Breakfast Breads	Broccoli Cheddar Soup Baked Ziti Oven-Roasted Brussel Sprouts Buttered Peas & Carrots Vegan Caesar Salad	Kyoto Miso Soup Sesame Soba Noodles 5-Spice Tofu Sesame Roasted Bok Choy Asian Slaw
Thursday	Organic Steel Cut Oats Vegan Saratoga Scramble Steamed Red Potatoes Greek Yogurt House-Made Granola Fresh Fruit	Roasted Pepper Tomato Soup <b>Build Your Own Nachos &amp; Taco Bar</b> Flour Tortilla & Blue Corn Chips Spanish Rice Organic Black Beans Fiesta Corn Vegan Nacho Cheese Sauce, Pica de Gallo & Guacamole	Moroccan Stew Ras El Hanout Lentil Loaf Steamed Carrots Organic Moroccan Rif Farro Cucumber & Tomato Salad
Friday	Organic Steel Cut Oats Southwest Scramble Bhakti Bliss Home Fries Fresh Fruit Assorted Breakfast Breads	Preserved Lemon Soup Pita Bread Quinoa & Roasted Carrot Mujadara Roasted Zucchini Freshly Made Hummus Chickpea & Broccoli Salad	Taste of Tuscany Soup Lemon Goddess Pasta Lentil Ragu Roasted Broccoli Lemon-Herbed Dinner Rolls Vegan Caesar Salad
Saturday	Gluten-Free Steel Cut Oats Italian Frittata Golden Temple Home Fries Greek Yogurt House-Made Granola Fresh Fruit	Organic Carrot Ginger Soup Quinoa with Nori Gingered Pinto Beans Roasted Vegetables Steamed Beets Kale Slaw	Dal (Lentil Soup) Jeera Rice Palak Paneer Aloo Gobi (Potatoes & Cauliflower) Naan Kachumber Salad
updated 10/31/2025	<i>*subject to change.</i>		