



PLATE

MON

Breakfast **Green Eggs & Ham** with Cage-Free Eggs

Lunch **Beef Tagine** Apricots, Peas & Harissa with Rice or Spiced Couscous

Eastern Stew (vg) with Artichoke, Potato, Fennel and Saffron with Rice or Spiced Couscous

Dinner **Domada** Chicken, Tomato-Peanut Butter and Yam Stew with Rice

Superkanja (vg) Veggie Stew or Chickpeas with Greens, Okra and Yams with Rice

TUES

TACO
TUESDAY

Breakfast **Spanish Scramble** with Chorizo, Pico de Gallo, Cheddar & Jack Cheeses

Lunch & Dinner **Build Your Own Taco, Burrito, Bowl or Salad**

Choice of: Beef, Pork, or Chicken (**Halal**), Black Beans, Pinto Beans, Smoked Tomato Rice, Cilantro Rice, Fajita Veggies,

Topping Bar: Sour Cream, Aji Amarillo Cream, Pico de Gallo, Guacamole, Lettuce, Assorted Salsa, Cheese, Fajita Vegetables, Chipotle Cream

WEDS

Breakfast **French Toast** with Maple Syrup

Lunch **Beef Tagine** Apricots, Peas & Harissa with Rice or Spiced Couscous

Eastern Stew (vg) with Artichoke, Potato, Fennel and Saffron with Rice or Spiced Couscous

Dinner **Kofta Meatloaf** with Harissa Glaze, served with Pearl Couscous with Almond, Mint and Raisins and Beet & Orange Salad

Winter Veggie Tagine (v) served with Pearl Couscous with Almonds, Mint and Raisins

THUR

Breakfast **Italian Scramble** with Salami, Onion and Mozzarella

Lunch **Bamia** Lamb & Okra Stew with Rice and Flatbread

Koshari (v) with Flatbread

Dinner **Kofta Meatloaf** with Harissa Glaze, served with Pearl Couscous with Almond, Mint and Raisins and Beet & Orange Salad

Winter Veggie Tagine (v) served with Pearl Couscous with Almonds, Mint and Raisins

FRI

Breakfast **Banana Pancakes** with Maple Syrup

Lunch **Bamia** Lamb & Okra Stew with Rice and Flatbread

Koshari (v) with Flatbread

MARKET

French Market Baguette Ham, Swiss, Roasted Onions, Arugula and Grain Mustard Marmalade on a French Roll

NOODLE

Lunch **Make Your Own Pasta**

Daily **Choice of:**

Pasta: Penne, Whole Wheat or Gluten Free

Protein: Beef & Pork Meatballs, Pork Italian Sausage, Grilled Chicken, Seasonal

Topping: Vegetable, Basil Pesto, Marinara & Alfredo

Pan Asian

Lunch **Szechuan Beef (Halal)** - Beef & Veggies in a Chili-Sesame Sauce with Jasmine or Brown Rice

Pork Chow Mein - Veggies & Noodles tossed in a Soy-Ginger Sauce

Veggie Chow Mein (vg) - Noodles Stir-Fried with Fresh Veggies

Dinner **Sweet & Sour Chicken** - served with Rice

Pork Chow Mein - Veggies & Noodles tossed in a Soy-Ginger Sauce

Veggie Chow Mein (vg) - Noodles Stir-Fried with Fresh Veggies

DUB STREET

Jalapeno Popper All-Beef Patty with Cream Cheese, Caramelized Onion, Pickled Jalapeno and Dub Sauce on a Toasted Bun

Fry Special Jo Jo's

SELECT

Bowl Pork Verde or Chicken Tinga (**Halal**) – Black Beans, Brown Rice, Quinoa Salad, Corn Salsa, Jicama Salad, Lime Slaw, Arugula

Soup Tomato Basil (**vg**) and Du Jour
