

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Achiote Flank Steak Beef Flank Steak, Achiote Marinade- Achiote Paste, Oregano, Smoked Paprika, Garlic, Salt, Pepper, Lime Juice, Rice Bran Oil, Cilantro	Spicy North African Pork Loin Pork Loin, Salt, Pepper, Roasted Red Bell Pepper, Olive Oil, Lemon Juice, Sambal Oelek, Cumin, Coriander, Garlic, Sauce- Greek Yogurt, Mint, Lemon Juice	Blue Crab Bowl Blue Crab Mix- Crab, Onion, Bell Pepper, Thyme, Salt, Pepper, Furikaki, Sauce- Ponzu, Brown Sugar, Orange Juice, Carrots, Cucumber, Green Onion, Fresno Chiles, Pickled Onions, Wakame, Avocado, Edamame, Toasted Sesame Seeds, Cilantro	Whole Roasted Mediterranean Chicken Bone in Chicken& Chicken Breast, Olive Oil, Garlic, Lemon, Parsley, Oregano, Cumin, Caraway Seeds, Serrano Chiles, Salt, Pepper Zhoug Yogurt Sauce- Jalapeno, Garlic, Cilantro, Cardamom, Cumin, Salt, Olive Oil, Lemon, Aleppo Chili Flakes, Greek Yogurt	Chinese Stir Fried Lamb Lamb, Tamari, Shaoxing Wine, Salt, Corn Starch, Cumin, Korean Chili Flakes, Onion, Ginger, Garlic, Sichuan Peppercorns, Cilantro, Sesame Seeds, Dried Japones Chiles, Grape Seed Oil
Vegetable Mains	Achiote Rubbed Tempeh Tempeh, Achiote Marinade- Achiote Paste, Oregano, Smoked Paprika, Garlic, Salt, Pepper, Lime Juice, Rice Bran Oil, Cilantro	Shakshuka Olive Oil, Onion, Red Bell Pepper, Tomato, Tomato Paste, Maple Syrup, Salt, Pepper, Smoked Paprika, Cumin, Chili Powder, Cinnamon, Cayenne Pepper, Cardamom, Chickpeas, Kalamata Olives, Vegetable Stock	Compressed Furikake Watermelon Bowl Watermelon, Furikake, Sauce- Ponzu, Brown Sugar, Orange Juice, Carrots, Cucumber, Green Onion, Fresno Chiles, Pickled Onions, Wakame, Avocado, Edamame, Toasted Sesame Seeds, Cilantro	Mediterranean Style Orzo Orzo Pasta, Grilled Onions, Parsley, Cucumber, Cherry Tomatoes, Kalamata Olives, Lemon, Oregano, Feta Cheese, Bell Pepper, Olive Oil, Salt, Black Pepper	Mapo Tofu Ginger, Garlic, Bean Sauce, Silken Tofu, TVP, Vegetable Stock, Corn Starch, Scallions, Dried Japones Chiles, Fresno Chiles, Chinese Peppercorns, Pea Shoots
Vegetable Side	Apple and Jicama Slaw Apples, Jicama, Radish, Cilantro, Lime Juice, Salt, Pepper, Aleppo Chili Flakes, Honey,	Roasted Ginger Carrots Carrots, Salt, Pepper, Grapeseed Oil, Ginger, Allspice, Cardamom	Lemon Garlic Shishito Peppers Shishito Peppers, Salt, pepper, Garlic, Grapeseed Oil, Lemon Juice	Roasted Grape Salad Red and Black Grapes, Basil, Mozzarella, Olive Oil, Salt, Greens	Sweet and Spicy Grilled Summer Squash Squash, Salt, Honey, Rice Vinegar, Tamari, Sambal Chili Sauce, Olive Oil, Lime, Shallot, Cilantro, Sesame Seeds