

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Meat, Fish, and Seafood Mains	Thai Coconut Curry Shrimp Jumbo Shrimp, Olive Oil, Garlic, Chili Flakes, Onion, Bell Pepper, Coconut Milk, Fish Sauce, Peanut Butter, Lime Juice, Brown Sugar, Ginger, Basil, Cilantro, Green Onion, Coconut Flakes, Salt, Black Pepper.	Roasted Pork with Pineapple Turmeric Glaze Pork Shoulder, Grapeseed Oil, Pineapple Juice, Honey, Rice Vinegar, Dijon Mustard, Red pepper Flakes, Sesame Oil, Turmeric, Salt	BBQ Short Ribs w/ Kumquat Guava BBQ Sauce Beef Short Ribs, Brown Sugar, Salt, Pepper, Chili Powder, Cumin, Garlic, Thyme, Chili Flakes, BBQ Sauce- Kumquats, Guava Nectar, Tomato, Salt, Pepper, Garlic, Cumin, Brown Sugar, Onion	Slow Roasted Herbed Chicken Chicken, Oregano, Thyme, Rosemary, Garlic, Lemon, Olive Oil, Salt and Pepper	Baked Salmon Fillet w/ Teriyaki Glaze Salmon, Salt, Pepper, Teriyaki Glaze- Tamari, Ginger, Lemon Grass, Shitakii Mushrooms, Mirin, Rice Wine Vinegar, Lime Juice, Cilantro, Sesame Seed Oil
Vegetable Mains	Thai Coconut Curried Eggplant and Tofu Tofu, Eggplant, Onions, Bell Pepper, Ginger, Jalapeño, Tomato, Curry Powder, Paprika, Red Curry Paste, Coconut Milk, Salt, Black Pepper.	Pineapple and Turmeric Glazed Tofu Grilled Tofu and Pineapple, Grape Seed Oil, Pineapple Juice, Honey, Rice Vinegar, Dijon Mustard, Red pepper Flakes, Sesame Oil, Turmeric, Salt	BBQ Seitan w/ Kumquat Guava BBQ Sauce Seitan, Bell Pepper, Onion, , Brown Sugar, Salt, Pepper, Chili Powder, Cumin, Garlic, Thyme, Chili Flakes, BBQ Sauce- Kumquats, Guava Nectar, Tomato, Salt, Pepper, Garlic, Cumin, Brown Sugar, Onion	Mediterranean Garbanzo Salad Garbanzo, Cucumbers, Kalamata Olives, Roasted Red Peppers, Sun Dried Tomatoes, Red Onions, Oregano, Feta Cheese Olive Oil, Lemon Juice, Garlic, Oregano, Salt, Pepper	Udon Noodles w/ Roasted Vegetables Udon Noodles, Carrots, Bok Choy, Roasted Red Bell Pepper, Celery, Onion, Brussels Sprouts, Pea Shoots, Bean Sprouts, Teriyaki Glaze- Tamari, Ginger, Lemon Grass, Shitakii Mushrooms, Mirin, Rice Wine Vinegar, Lime Juice, Cilantro, Sesame Seed Oil
Vegetable Side	Slow Roasted Carrots with Peanut Sauce Carrots, Olive Oil, Cumin, Salt, Pepper, Peanut Sauce- Peanut Butter, Tamari, Maple, Chili Flakes, Lime juice, Sriracha, Cilantro, Toasted Peanuts.	Celery Salad with Dates, Toasted Almonds, and Parmesan Celery, Pitted Dates, Lemon Juice, Salt, Pepper, Parmesan, Olive Oil, Crushed Red Pepper Flakes	Roasted Sweet Potatoes w/ Creamy Herb Dressing Sweet Potatoes, Salt, Pepper, Grape Seed Oil, Herb Dressing- Soft Tofu, Greek Yogurt, Dill, Salt, Pepper, Garlic, Cumin, Chipotle In Adobo, Lemon Juice	Grilled Asparagus Asparagus, Olive Oil, Garlic, Salt, Pepper	Grilled Chinese Long Beans Long Beans, Salt, Pepper, Korean Chili Flakes, Lemon Juice, Sesame Seed Oil