Week 08/28/23:

***Salad of the Week:***

**Mujadara Bowls w/Parsley-Tahini dressing**

Middle Eastern medley of lentils, rice, roasted veggies & caramelized onions on a bed of greens – ***contains sesame***

***Soups of the Week:***

**Mon. Tomato**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. Red Lentil**

Hearty and warming lentil stew packed with crave-able carrots and flavor. - **nf**

**Wed. Sopa de Fideo**

A hearty gluten-free Mexican pasta soup with tomatoes, zucchini, and onions **- nf**

*Empanada: Creole*

Savory Creole spiced flavors with carrot, celery, garlic, red beans, and rice.

Each Wednesday will feature a unique Empanada to pair with a half soup or half salad.

**Thurs. Sweet & Sour Vegetable**

Lemon juice, soy sauce, maple syrup veg broth fuse with a medley of earthy vegetables**-** **nf**

**Fri. Elote Corn**

Elote takes its flavor cues from Mexican Street Corn in the vegan version. **- nf**

Week 09/04/23:

***Salad of the Week:***

**Kale Caesar**

Cashew based Caesar dressing pairs with kale, quinoa, and tomatoes with herbed GF Croutons.  **- contains cashews**

***Soups of the Week:***

**Mon. Moroccan Chickpea Carrot**

Hearty chickpeas, carrots and warm spices add up to this comforting soup. **-** n**f**

**Tues Carrot Ginger**

Carrots and ginger combine to satisfy a light and healthy soup. **- contains coconut milk**

**Wed. Cuban Black Bean**

A hearty black bean soup with onions, garlic, carrots, red peppers, and celery. **- nf**

*Empanada: The Three Sisters*

Wednesdays are empanadas day! Corn, Bean, and squash filling with red salsa!

**Thurs. Split Pea**

Classic spit peas with carrots, celery, onions, and garlic pureed to perfection. **– nf**

**Fri. Red Bean Chili**

Red Beans burst with delicious smoky spices and millet to add extra heft. **- nf**

Week 09/11/23:

***Salad of the Week:***

**Middle Eastern Quinoa**

A Middle Eastern classic with quinoa, cumin, and vegetables with a lemon vinaigrette. **– nf**

***Soups of the Week:***

**Mon. Tomato**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. Cassoulet**

A French soup classic; red, black, cannellini beans, tomatoes, carrots, celery, and kale. **- nf**

**Wed. Broccoli Chowder**

A creamy blend of broccoli, potatoes and white bean chowder topped with garlic croutons. - **nf**

*Empanada: Veg Chimichurri*

Roasted Zucchini and Corn in a creamy chimichurri sauce.

**Thurs. Elote Corn**

Elote takes its flavor cues from Mexican Street Corn in the vegan version. **– nf**

**Fri. Red Lentil**

Hearty and warming lentil stew packed with crave-able carrots and flavor. - **nf**

Week 09/18/23:

***Salad of the Week:***

**Ponzu Noodle**

A Japanese salad w/gluten free rice noodles, vegetables, green onions and ponzu dressing. **-nf**

***Soups of the Week:***

**Mon. Red Bean Chili**

Red Beans burst with delicious smoky spices and millet to add extra heft. **- nf**

**Tues. Split Pea**

Classic spit peas with carrots, celery, onions, and garlic pureed to perfection. **– nf**

**Wed. Sopa de Fideo**

A hearty gluten-free Mexican pasta soup with tomatoes, zucchini, and onions **- nf**

*Empanada: Creole*

Savory Creole spiced flavors with carrot, celery, garlic, red beans, and rice.

**Thurs. Sweet & Sour Vegetable**

Lemon juice, soy sauce, maple syrup veg broth fuse with a medley of earthy vegetables**-** **nf**

**Fri. Mulligatawny**

Hearty chickpeas, carrots and warm spices add up to this comforting soup. **-** n**f**

Week 09/25/23:

***Salad of the Week:***

**Roasted Fennel & Carrot**

A Middle Eastern classic with quinoa, cumin, and vegetables with a lemon vinaigrette. **- nf**

***Soups of the Week:***

**Mon. Tomato**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. Elote Corn**

Elote takes its flavor cues from Mexican Street Corn in the vegan version. **– nf**

**Wed. Cassoulet**

A French soup classic; red, black, cannellini beans, tomatoes, carrots, celery, and kale. **- nf**

*Empanada: : The Three Sisters*

Roasted corn, squash & bean with red salsa!

**Thurs. Moroccan Chickpea Carrot**

Hearty chickpeas, carrots and warm spices add up to this comforting soup. **-** n**f**

**Fri. Carrot Ginger**

Carrots and ginger combine to satisfy a light and healthy soup. **- contains coconut milk**

Week 10/02/23:

***Salad of the Week:***

**Rice Bowl w/Red Kidney Beans, Spinach & mixed veggies**

A complete meal in a bowl. Brown Rice, mixed veggies, and Kidney Beans come together w/ cashew-cilantro dressing. **- contains cashews**

***Soups of the Week:***

**Mon. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Tues. Split Pea**

Classic spit peas with carrots, celery, onions, and garlic pureed to perfection.

**- nf**

**Wed. Red Bean Chili**

Red Beans burst with delicious smoky spices and millet to add extra heft. **- nf**

*Empanada: Veg Chimichurri*

Roasted Zucchini and Corn in a creamy chimichurri sauce.

**Thurs. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **-** **nf**

**Fri. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

Week 10/09/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. Broccoli Chowder**

A creamy blend of broccoli, potatoes and white bean chowder topped with garlic croutons. - **nf**

**Wed. Cuban Black Bean**

A hearty black bean soup with onions, garlic, carrots, red peppers, and celery. **- nf**

*Empanada: Creole*

Savory Creole spiced flavors with carrot, celery, garlic, red beans, and rice.

**Thurs. Harira**

Hearty vegan rendition of a Moroccan classic w/chickpeas, lentils and vegetables. **-** **nf**

**Fri. Pozole**

Mexican soup with hominy, onions, carrots, potatoes and chiles garnished w/ tortilla strips, red cabbage, and radish. **– nf**

*Half Soup served w/Three Sisters Empanadas – no Salad today!*

Week 10/16/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Wed. Cuban Black Bean**

A hearty black bean soup with onions, garlic, carrots, red peppers, and celery. **- nf**

*Empanada: Veg Chimichurri*

Roasted Zucchini and Corn in a creamy chimichurri sauce.

**Thurs. Harira**

Hearty vegan rendition of a Moroccan classic w/chickpeas, lentils and vegetables. **-** **nf**

**Fri. Pozole**

Mexican soup with hominy, onions, carrots, potatoes and chiles garnished w/ tortilla strips, red cabbage, and radish. **– nf**

Week 10/23/23:

***Salad of the Week:***

**Kale Caesar**

Cashew based Caesar dressing pairs with kale, quinoa, and tomatoes with herbed GF Croutons.  **- contains cashews**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. Split Pea**

Classic spit peas with carrots, celery, onions, and garlic pureed to perfection. **- nf**

**Wed. Cassoulet**

A French soup classic; red, black, cannellini beans, tomatoes, carrots, celery, and kale. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **-** **nf**

**Fri. Red Lentil**

Hearty and warming lentil stew packed with crave-able carrots and flavor. - **nf**

Week 10/30/23:

***Salad of the Week:***

**Middle Eastern Quinoa**

A Middle Eastern classic with quinoa, cumin, and vegetables with a lemon vinaigrette. **– nf**

***Soups of the Week:***

**Mon. Carrot Ginger**

Carrots and ginger combine to satisfy a light and healthy soup. **- contains coconut milk**

**Tues. Elote Corn**

Elote takes its flavor cues from Mexican Street Corn in the vegan version. **– nf**

**Wed. Sopa de Fideo**

A hearty gluten-free Mexican pasta soup with tomatoes, zucchini, and onions **- nf**

*Empanada: RPC*

Potatoes & caramelized onions in curry sauce!

**Thurs. Red Bean Chili**

Red Beans burst with delicious smoky spices and millet to add extra heft. **- nf**

**Fri. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

Week 11/06/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Wed. Harira**

Hearty Vegan rendition of a Moroccan classic w/chickpeas, lentils, and celery. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

**Fri. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **–** **nf**

Week 11/13/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Wed. Harira**

Hearty Vegan rendition of a Moroccan classic w/chickpeas, lentils, and celery. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

**Fri. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **–** **nf**

Week 11/20/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

Week 11/28/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Wed. Harira**

Hearty Vegan rendition of a Moroccan classic w/chickpeas, lentils, and celery. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

**Fri. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **–** **nf**

Week 12/04/23:

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Wed. Harira**

Hearty Vegan rendition of a Moroccan classic w/chickpeas, lentils, and celery. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

**Fri. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **–** **nf**

Week 12/11/23:

!Finals Week Specials!

***Salad of the Week:***

**Moroccan Carrot-Beet**

Lemon juice, warming spices, fresh greens & herbs compliment earthy beets, onion and carrots. **-nf**

***Soups of the Week:***

**Mon. Tomato Soup**

Deeply satisfying comfort food made with fresh ripe tomatoes. **- contains coconut milk**

**Tues. New Vegan Clam Chowder**

A melody of potatoes, carrots, mushrooms, & cauliflower are the stars of this classic chowder.

**-nf**

**Wed. Harira**

Hearty Vegan rendition of a Moroccan classic w/chickpeas, lentils, and celery. **- nf**

*Empanada: Three Sisters*

Corn, Bean, and squash filling with red salsa!

**Thurs. Aloo Palak**

A Spinach and potatoes in a creamy blend of ginger, garlic, and masala spices.

**- contains coconut milk.**

**Fri. Rustic Potato Curry**

An all-time favorite of potatoes, caramelized onions, kale, and curry broth. **–** **nf**