**Week 09/02/24 Menu:**

**Salad: Cilantro Ranch Bean Salad**

14# each of Spinach & Romaine (or MesMix) / 40# Corn / 20# zucchini/summer squash

/ 15 pints cherry tomatoes / 6 bunches scallions / 8 bunches cilantro

Empanada:

Mon Soup: Tomato 3 Sisters (Tue/Thur-120)

Tues Soup: Moroccan Chickpea & Carrot

Wed Soup: Cuban Black Bean

Thur Soup: Rustic Potato Curry

Fri Soup: Red Bean Chili

**Week 09/09/24 Menu:**

**Salad: Middle Eastern Quinoa Salad**

16# Kale (sub Spinach) / 50# Beets /

Empanada:

Mon Soup: Spilt Pea Veg Chimichurri (Tue-Thur -120)

Tues Soup: Carrot Ginger

Wed Soup: Red Lentil

Thur Soup: Pasta Fagioli

Fri Soup: Harira

**Week 09/16/24 Menu:**

**Salad: Kale Caesar**

24# Kale / 15 pints cherry tomatoes

Empanada:

Mon Soup: Tomato Sweet Pots & Lentil (Tue-Thur – 120)

Tues Soup: Potato Leek

Wed Soup: Cuban Black Bean

Thur Soup: Sopa de Fideo

Fri Soup: Butternut Squash Moroccan Chili

**Week: 09/23/24 Menu:**

**Salad: Potato Salad**

8 heads Green Cabbage / 25# red(yellow)potatoes / 12# carrots / 5# celery / 5# red onion

Empanada:

Mon Soup: Creamy Cauliflower Creole (Tue-Thur – 120)

Tues Soup: Cassoulet

Wed Soup: Sweet Potato Bisque

Thur Soup: Rustic Potato Curry

Fri Soup: Potato & Kale Minestrone

**Week 09/30/24 Menu:**

**Salad: Roasted Butternut Squash w/Millet**

36# B-Nut Squash / 12# mes-mix / 8 heads garlic / 8 bunches cilantro / 2 bunches mint /

Empanada:

Mon Soup: Tomato Veg Chimichurri (Tue-Thur –120)

Tues Soup: Elote Corn

Wed Soup: Cuban Black Bean

Thur Soup: Red Lentil

Fri Soup: Pozole

**Week 10/07/24 Menu:**

**Salad: Wild Rice Salad w/Roasted Sweet Potatoes**

30# mes-mix / 40# sweet potatoes / dried cranberries

Empanada:

Mon Soup: Split Pea Sweet Potato & Lentil (Tue-Thur – 120)

Tues Soup: Carrot Ginger

Wed Soup: Moroccan Chickpea & Carrot

Thur Soup: Pasta Fagioli

Fri Soup: Aloo Palak

**Week 10/14/24 Menu:**

**Salad: Pasta Salad w/Rice Noodles**

12# Arugula-Spinach mix / 1 head green cabbage / 1 head red cabbage / 6# carrots

Empanada:

Mon Soup: Red Bean Chili 3 Sisters (Tue-Thur – 120)

Tues Soup: Tomato

Wed Soup: Minestrone

Thur Soup: Elote Corn

Fri Soup: Vegan Chicken Noodle

**Week: 10/23/24 Menu:**

**Salad: Thai Cabbage w/rice & sweet potatoes**

23# sweet potatoes / 5 heads green cabbage / 3 heads red cabbage / 12# carrots / 4 bunches cilantro / 4 bunches mint

Empanada:

Wed Soup: Red Lentil Creole -120 Total

Thur Soup: Butternut Squash Moroccan Chili

Fri Soup: Vegan Tom Yum

**Week: 10/28/24 Menu:**

**Salad: Kale w/Roasted Butternut Squash & Lentils**

24# B-nut Squash / 15# kale (sub Spinach)

Empanada:

Mon Soup: Tomato Chimichurri (Tue-Thur – 120)

Tues Soup: Cuban Black Bean

Wed Soup: Cassoulet

Thur Soup: Rustic Potato Curry

Fri Soup: Pozole

**Week 11/04/24 Menu:**

**Salad: Moroccan Carrot & Beet**

16# spinach (sub mes-mix) / 12# carrots / 12# beets / 8# red onion / 4 bunches each parsley, cilantro

Empanada:

Mon Soup: Spilt Pea 3 Sisters (Tue-Thur – 120)

Tues Soup: Pasta Fagioli

Wed Soup: Potato Leek

Thur Soup: Moroccan Chickpea & Carrot

Fri Soup: Red Bean Chili

**Week 11/11/24 Menu:**

**Salad: Kale Caesar**

24# Kale / 15 pints cherry tomatoes

Empanada:

Mon Soup: Tomato Veg Chimichurri (Tue-Thur – 120)

Tues Soup: Cuban Black Bean

Wed Soup: Carrot Ginger

Thur Soup: Red Lentil

Fri Soup: Butternut Squash Chili

**Week 11/18/24 Menu:**

**Salad: Spinach & Lentil Salad w/Potatoes**

16# kale (sub spinach or mes-mix) / 20# potatoes / 12# carrots /

Empanada:

Mon Soup: Creamy Cauliflower 3 Sisters (Tue-Thur – 120)

Tues Soup: Cassoulet

Wed Soup: Split Pea

Thur Soup: Rustic Potato Curry

Fri Soup: Mulligatawny

**Week 11/25/24 Menu:**

**Salad: Coleslaw**

6 heads green cabbage / 4 heads red cabbage / 12# carrots

Empanada:

Mon Soup: Cuban Black Bean Creole – 120 Total

Tues Soup: Red Lentil

**Week 12/02/24 Menu:**

**Salad: Cilantro Ranch Bean Salad**

14# each of Spinach & Romaine (or MesMix) / 40# Corn / 20# zucchini/summer squash

/ 15 pints cherry tomatoes / 6 bunches scallions / 8 bunches cilantro

Empanada:

Mon Soup: Sweet Potato Bisque Sweet Potato & Lentil (Tue-Thur – 240)

Tues Soup: Tomato

Wed Soup: Cauliflower & Sweet Potato

Thur Soup: Moroccan Chickpea & Carrot

Fri Soup: Pozole

Week 12/09/24 Finals Menu:

Salad: ? Empanada:

Mon Soup: Tomato

Tues Soup: Split Pea

Wed Soup: Fideo

Thur Soup: Rustic Potato Curry

Fri Soup: Carrot Ginger

Week 12/16/24 Finals Menu:

Salad:

Mon Soup:

Tues Soup:

Wed Soup:

Thur Soup:

Fri Soup:

Week 00/00 Menu:

Salad:

Mon Soup:

Tues Soup:

Wed Soup:

Thur Soup:

Fri Soup: