

# Sample Dinner Menu

Monday

*Korean BBQ Beef  
Jasmine Rice  
Steamed Broccoli  
& Kimchi*

VEG

VEGETARIAN

*Korean Tofu BBQ  
Stir Fry*

*Chow Mein Noodle*

Tuesday

*Piri Piri Chicken Thigh  
Portuguese-Style  
Roasted Potatoes  
Herb Roasted Carrots*

VEG

VEGETARIAN

*Lentil Dahl with  
Sweet Potatoes*

*Szechuan Tofu  
Noodle Bowl*

Wednesday

*Flank Steak Tacos  
with Chipotle Mayo  
Spanish Rice  
Garlic Green Beans*

VEG

VEGETARIAN

*Green Goddess  
Mac 'n' Cheese*

*Pinto Posole Chili*

Thursday

*Curried Chicken  
Naan Bread  
Basmati Rice  
Steamed Cauliflower  
and Chickpeas*

VEG

VEGETARIAN

*Paneer Curry*

*Spinach & Feta Frittata*

Friday

*Penne & Meatballs  
Marinara  
Tortellini Alfredo  
Sauteed Spinach  
and Red Pepper*

VEG

VEGETARIAN

*Herb Butter & Olive Oil  
Pappardelle Pasta*

*Tofu Cacciatore*