

Globally Inspired November Specials

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

3 *Southwest*

Proteins:

Chipotle Orange Chicken (gf)
Southwest Shrimp (gf)
Spicy Black Bean Cakes (v, gf)
Al Pastor Pork (gf)

Vegetables:

Blackened Broccoli (v, gf)
Cowboy Caviar (v, gf)
Southern Succotash (gf)
Pinto Bean Stew (v, gf)

Grains/Starches:

Potato and Green Chili
Casserole (gf, v)
Tex-Mex Rice (v, gf)

Sides:

Macaroni Salad
Chipotle Aioli (gf)

4 *Mediterranean*

Proteins:

Chicken Shawarma(gf)
Baked Cod (gf)
Falafel (v, gf)
Beef & Lamb Gyro (gf)

Vegetables:

Roasted Eggplants (v, gf)
Gigantes Bean Plaki (v, gf)
Greek Salad with Red Wine
Vinaigrette (gf)
Briam (v, gf)

Grains/Starches:

Greek Lemon Potatoes (v, gf)
Toasted Orzo & Tomatoes (v)

Sides:

Pita Bread (v)
Sumac Yogurt (gf)

5 *Japanese*

Proteins:

Teriyaki Chicken Thighs (gf)
Miso Glazed Salmon (gf)
Grilled Sesame Tofu (gf)
Teriyaki Pepper Steak (gf)

Vegetables:

Roasted Japanese Eggplants
(v, gf)
Goma-ae (Sesame Greens)
(v, gf)
Roasted Spicy Mushrooms
Steamed Broccoli (v, gf)

Grains/Starches:

Furikaki Udon Noodle
Steamed White Rice (v, gf)

Sides:

Edamame Gyoza (v)
Sesame Dressing (v)

6 *Indian*

Proteins:

Chicken Tikka Masala (gf)
Curry Shrimp (gf)
Palak Paneer (gf)
Lamb Aloo Keema (gf)

Vegetables:

Chana Masala (v, gf)
Vegetable Jalfreze (v, gf)
Yellow Lentil Dal (v, gf)
Masala Gobhi (v, gf)

Grains/Starches:

Bombay Aloo (v, gf)
Basmati Rice (v, gf)

Sides:

Naan Bread
Cilantro Chutney (v, gf)

10 *Market Style*

Proteins:

Apple Cider Chicken Breast
(gf)
Herb Roasted Salmon (.gf)
BBQ Jackfruit (v, gf)
Grilled Kielbasa (gf)

Vegetables:

Roasted Zucchini ((v, gf)
Slow Roasted Plum Tomato
(v, gf)
Corn on the Cob (v, gf)
Steamed Broccoli (v, gf)

Grains/Starches:

Herbed Quinoa (v, gf)
Rice Pilaf (v, gf)

Sides:

Focaccia Square
Sauce Vierge (v, gf)

11 *Chinese*

Proteins:

Chicken & Pepper Stir-Fry
(gf)
Sesame Shrimp (gf)
Tofu & Broccoli Stir-Fry (v)
Kung Pao Beef

Vegetables:

Stir-Fry Vegetables (v, gf)
Szechuan Broccoli (v, gf)
Pickled Soy Sesame
Cucumbers (v)
Garlic Bok Choy (v, gf)

Grains/Starches:

Stir Fried Lo-Mein
Vegetable Fried Rice (gf)

Sides:

Vegetable Egg Rolls
Duck Sauce (gf, v)

12 *Italian*

Proteins:

Chicken Parmesan
Creamy Garlic Shrimp (gf)
Vegetable Napoleon (v, gf)
Beef Bolognese (gf)

Vegetables:

Italian Roasted Vegetables
(v, gf)
Balsamic Eggplant (v, gf)
Tomato & Mozzarella Salad
(gf)
Roasted Broccoli Rabe (v, gf)

Grains/Starches:

Three Cheese Polenta (gf)
Garlic-Herb Spaghetti (v)

Sides:

Garlic Breadsticks
Marinara Sauce (v, gf)

13 *Caribbean*

Proteins:

Latin Spiced Chicken
Quarter Legs
Mojo Shrimp (gf)
Vegan Chorizo (v, gf)
Carne Frita (gf)

Vegetables:

Black Bean Stew (v, gf)
Callaloo (gf, v)
Sautéed Green Beans (v, gf)
Sweet Plantains (v, gf)

Grains/Starches

Roasted Yams (v, gf)
Yellow Rice (v, gf)

Sides:

Salsa Criolla (v, gf)
Green Salad with Chipotle
Lime Dressing (v, gf)

17 *Hawaiian*

Proteins:

Huli-Huli Chicken
(gf)
Roasted Salmon (gf)
Fried Tofu w/ Sweet Chili
Sauce (v)
Slow Roast Pork (gf)

Vegetables:

Roasted Okinawa Potato
(v, gf)
Sweet Chili Broccoli (v, gf)
Sautéed Green Beans (v, gf)

Grains/Starches:

Hawaiian Style Stir Fried
Noodles
Pineapple Fried Rice (gf)

Sides:

Hawaiian Mac Salad
Hawaiian Rolls

18 *American*

Proteins:

Braised Chicken Thigh (gf)
Honey Mustard Cod (gf)
Black Beans Stuffed Peppers
(v, gf)
Citrus Braised Pork (gf)

Vegetables:

Roasted Plum Tomato (v, gf)
Farmers Market Vegetables
(v, gf)
Roasted Brussel Sprouts
(v, gf)

Grains/Starches:

Buttermilk Mashed Potato
(gf)
Yellow Rice (v, gf)

Sides:

Market Salad (v, gf)
Potato Salad (gf)

19 *Thai*

Proteins:

Grilled Lemongrass Chicken
(gf)
Red Curry Coconut Crusted
Cod (gf)
Crispy Tofu w/ Peanut Sauce
Thai Beef Curry (gf)

Vegetables:

Thai Stir-Fry Vegetables
(v, gf)
Thai Green Beans (v, gf)
Sesame Broccoli (v, gf)

Sides:

Thai Style Slaw (v, gf)
Roti Bread (v)

Grains/Starches:

Steamed Jasmine Rice (gf, v)
Mee Krob (v, gf)

20 *Mexican*

Proteins:

Chicken Tinga (gf)
Spicy Shrimp (gf)
Vegan Chili (v, gf)
Pork Al Pastor (gf)

Vegetables:

Cauliflower Al Pastor (v, gf)
Vegetable Fajita (v, gf)
Chili-Lime Roasted Corn
(v, gf)
Pinto Bean Stew (v, gf)

Grains/Starches:

Chipotle Potatoes (v, gf)
Mexican Rice (v, gf)

Sides:

Salsa Roja
Corn Tortillas (v, gf)

24 *Market Style*

Proteins:

Roasted Chicken Legs (gf)
Honey Mustard Cod (gf)
Chipotle Tofu (v)
Chimichurri Flank Steak (gf)

Vegetables:

Green Beans & Carrots (v, gf)
Minted Peas with Pearl
Onion (v, gf)
Garden Salad (v, gf)
Roasted Broccoli (v, gf)

Grains/Starches:

Herb Roasted Potato (v, gf)
Jewel Rice (v, gf)

Sides:

Dinner Rolls
Green Goddess Sauce (gf)

25 *Korean*

Proteins:

Gochujang Chicken Thighs
Korean BBQ Shrimp
Grilled Sesame Tofu
Gochujang Pork Shoulder

Vegetables:

Roasted Eggplant Banchan
(v, gf)
Stir Fried Zucchini (v, gf)
Cheesy Korean Corn
Garlic Bok Choy (v, gf)

Grains/Starches:

Japchae (Korean Glass
Noodles)
Short Grain Rice (v, gf)

Sides:

Kimchi (v, gf)
Korean BBQ Sauce

26 *Jamaican*

Proteins:

Jerk Chicken Thigh (gf)
Baked Jerk Cod (gf)
Grilled Jerk Marinated
Mushrooms (v, gf)
Roast Pork Shoulder (gf)

Vegetables:

Jamaican Steamed Cabbage
(v, gf)
Black Eyed Peas (v, gf)
Fried Plantains (v, gf)
Jalapeno Slaw (v, gf)

Grains/Starches:

Braised Taro Root (v, gf)
Coconut Rice w/ Red Beans
(v, gf)

Sides:

Mini Beef Patties
Creole Mayo

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*Closed for
Thanksgiving*

Choice of 2 or 3 proteins, 1 grain/starch, and 2 vegetables. (gf) = gluten free, (v) = vegan