

### BREAKFAST - SERVED DAILY

(Some variations depending on seasonal availability)

SCRAMBLED EGGS  
POTATOES & ONIONS  
SWEET POTATO & CARROT HASH  
BACON/SAUSAGE  
LENTIL "SAUSAGES"  
SAUSAGE GRAVY  
VEGAN GRAVY  
BUTTER TOP BISCUITS  
VEGAN BISCUITS  
CORN MUFFINS  
VEGAN GRITS  
BURRITOS W/ SALSA SIDE

### LUNCH

(Some variations depending on seasonal availability)

#### MONDAY - ITALIAN STYLE

GRILLED EGGPLANT, TOMATO, BASIL AND RICOTTA NAPOLEONS  
FOCCACIA - CHEF CHOICE FLAVORS - VEGAN OPTIONS AVAILABLE  
BAKED SPAGHETTI SQUASH CASSEROLE  
BUTTERNUT LASAGNA  
MIXED SEASONAL VEGETABLES - VEGAN, WHEAT-FREE  
HERITAGE ITALIAN SAUSAGE W/ ONIONS & ROASTED PEPPERS  
GRILLED POLENTA WITH KALE PESTO  
CHICKEN CACCIATORE  
VEGAN PESTO PENNE  
PANZANELLA  
CUCUMBER TOMATO SALAD  
GAZPACHO  
ZUCCHINI ROLATINI  
STUFFED PORTABELLA MUSHROOMS

### TUESDAY - ASIAN STYLE

FRIED VEGAN SPRING ROLL  
THAI VEGAN DUMPLINGS  
PORK DUMPLINGS  
RICE  
VEGAN THAI CHILI GREEN BEANS  
PONZU STIR FRY CHICKEN & VEGETABLES  
COCONUT ROASTED CHICKEN  
LAZY EGGROLL BOWL W/ LOCAL PORK OR LOCAL SHRIMP  
VEGGIE PAD THAI  
VEGAN SUSHI  
COCONUT CURRY TURKEY MEATBALLS  
JAPANESE STYLE CURRY VEGETABLES

### WEDNESDAY - INDIAN

COCONUT RICE  
CHICKEN TIKKA MASALA  
CHANA MASALA  
ALOO MATAR  
INDIAN LENTIL FRITTERS  
POTATO SAMOSAS  
CURRIED VEGETABLES  
NAAN  
SAAG WITH SEASONAL GREENS

### THURSDAY - MEXICAN STYLE

VEGGIE/VEGAN QUESADILLAS  
SOPES - SMOKED PORK AND VEGAN BLACK BEAN W/ JICAMA CABBAGE SLAW  
BLACK BEAN TAMALES  
VEGAN EMPANADA WITH SEASONAL FILLINGS  
ENCHILADA - MEAT/VEGAN  
BRAISED LOCAL/GRASSFED BRISKET ASADA STYLE  
NACHO/TACO BAR:  
LOCAL BEEF, LOCAL PORK, & FAJITA STYLE ORGANIC TOFU  
QUESO SAUCE, SOUR CREAM, GUACAMOLE,  
GREEN MOUNTAIN SALSA, COTIJA, CILANTRO, GREEN ONIONS,  
SALSA DU JOUR  
CHIPS, SOFT & CRUNCHY TORTILLAS  
MEXICAN RICE  
BEANS - BLACK OR KIDNEY  
ROASTED VEGGIES W/ BLACKENED ORGANIC TOFU  
CHURROS

### FRIDAY - ISLAND DAY

HAND PIES - MEAT AND VEGAN OPTIONS  
CHOPPED GINGER ROOT BRAISED LOCAL PORK BELLY  
JERK STYLE GRILLED LOCAL CHICKEN W/ PEPPERS & ONIONS  
LOCAL SWEET POTATOES, CARROTS & ORGANIC KALE  
VEGAN RICE & BEANS  
SPICED SWEET POTATO SAVORY PUDDING  
ROASTED SEASONAL VEGETABLES  
TOSTONES W/ BLACK BEAN DIP AND CUBAN HONEY LIME SAUCE  
MOFONGO  
CASSAVA CAKES

### SATURDAY - SOUTHERN SOUL FOOD

BBQ STYLE BRAISED GRASS FED LOCAL ANGUS BRISKET  
LOCAL SMOKED PORK  
CHICKEN FRIED TOFU  
MACARONI AND CHEESE (VEGAN OPTIONS WHEN AVAILABLE)  
WHIPPED SWEET POTATOES  
VEGAN BRAISED GREENS  
ORGANIC CORN  
VEGAN BLACK EYED PEAS  
SQUASH CASSEROLE  
BUTTERMILK CORNMEAL BISCUIT  
CHEDDAR CHIVE BISCUITS  
BBQ CHICKEN  
BBQ TEMPEH OR TOFU

### SUNDAY - MEAT-FREE MEDITERRANEAN

VEGAN FALAFEL  
STUFFED SQUASH  
RICE PILAF  
SPANAKOPITA - VEGETARIAN  
LEMON & HERBED - BAKED POTATO WEDGES  
ROASTED VEGETABLES