



Week 4/28/19

Tabbouleh Salad (bulgur wheat, cherry tomatoes, cucumbers, green onions, mint, parsley, garlic, black beans)

Spaghetti & Meatless Meatballs (homemade tomato sauce, onions, fresh basil, garlic, salt and black pepper, cooked in red wine and vegetable broth)

Thai Pineapple Cashew Fried Rice w/ Teriyaki Chick'n (jasmine brown rice, pineapple, green onions, coconut oil and flakes)

Vegetable Minestrone Soup (carrots, celery, leeks, onions, garlic, vegetable broth, diced tomatoes, white beans, small pasta shells, and spices)

Seitan and Peppers Wrap (roasted red pepper hummus, bell peppers, red potatoes, and pan seared seitan)

100% Plant Based - 100% Nutritious - 100% Delicious