



## Weekly Menu 5/19/19 Back By Popular Demand!

### **Quinoa, Asparagus, Chickpea Salad**

(lemon vinaigrette dressing, green onions and almonds cheese)

### **Asian-Style Meatless Meatball Bowl**

(brown rice, carrots, purple cabbage, red bell peppers, soy ginger sauce, sesame seeds, wasabi peas)

### **Sausage, Peppers, Potato Wrap**

(homemade tomato sauce: bell peppers, onions, sun dried tomatoes, red potatoes, fresh herbs and spices)

### **Baked Mac & Cheese**

served with mixed vegetables (made with: cashew milk and dairy-free cheese.)

### **Mexican Crumble**, served with tortilla chips or brown rice

(made with: black or red beans, corn, plant-base protein and red potatoes.)

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