



Weekly Menu 6/2/19

Seashell Mexican Pasta

(onions, bell peppers, corn, black beans, diced tomatoes, salsa, black olives)

Zucchini, Eggplant, Potato Bake

(zucchini, potatoes, bell peppers, onions, sun dried tomatoes, garlic cloves, bread crumbs)

Sloppy Joes

(crumble, cauliflower, tomatoes, bell peppers, onions, fresh herbs and spices, served on a whole wheat sprouted roll and macaroni salad side)

Rainbow Shirataki Noodle Bowl w/Peanut Lime Sauce

(tofu shirataki noodles, red cabbage, red bell pepper, mango, edamame, onions, cilantro)

Seitan Steak Skewers

(marinated seitan, fingerling potatoes, bell peppers, onions, cherry tomatoes, mushrooms. Served with broccoli slaw)

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