



Week 5/25/19

Tabbouleh Salad (pearl couscous, 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 Chickn' (jasmine brown rice, pineapple, green onions, coconut oil and flakes)

Buffalo Chickpea Salad (mixed greens, carrots, celery, cherry tomato, red onion, dairy-free ranch dressing)

Smokey TLT Wrap (bacon tempeh, lettuce and tomato with creamy southwest sauce)

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