<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
</table>
| Monday    | - Cod w Black Pepper & Broiled Lemons 🍎  | - Vietnamese Lemon Grass Chicken 🍎  
- Ginger Beef 🍎  
- Mujadarrah Lentils & Rice 🍎  
- Sticky Spicy Tofu 🍎  |
| Tuesday   | - Butter Chicken 🍎  
- Grass Chicken 🍎  
- Tilapia w Turmeric & Dill 🍎  
- Roadside Curried Chickpeas 🍎  | - Salmon w Rostd Grain & Asparagus Filling 🍎  
- Pork Schnitzel w Mushroom Onion Sauce 🍎  
- Chicken Breast w Oven Rostd Veg Marinara Sauce 🍎  
- Mediterranean Veg Penne 🍎  |
| Wednesday | - Meatballs 🍎  
- Moroccan Lentil Stew 🍎  
- Pasta w Alfredo or Tomato Sauce 🍎  | - Cajun Chicken Drumsticks 🍎  
- Beef Pot Roast w Veg Garnish 🍎  
- Creole Vegetable Jambalaya 🍎  |
| Thursday  | - Chicken Pot Pie 🍎  
- Black Bean Simmer 🍎  
- White Cheddar Mac & Cheese 🍎  | - Fried Chicken 🍎  
- Fennel Crusted Pork Chops 🍎  
- Meat Lasagna 🍎  |
| Friday    | - Chorizo Sausage Veg Toss 🍎  
- 5 Spice Pork Saute 🍎  
- Vegan Chili w Jackfruit 🍎  | - Garlic Hunan Beef 🍎  
- Kung Pao Chicken Legs 🍎  
- Sweet Ginger Tofu w Pac Choi 🍎  |
| Saturday  | - Sweet Chili Chicken 🍎  
- Grilled Vegetables w Tofu 🍎  
- Chicken Alfredo Pasta Bake 🍎  | - Pub Style Meatloaf 🍎  
- Comforting Cracker Crusted Cod 🍎  
- Navy Bean Curry w Kale 🍎  |
| Sunday    | - Dynamite Chicken 🍎  
- Quinoa Stuffed Peppers 🍎  
- Fluffy Pancakes 🍎  | - Roasted Chicken 🍎  
- Breast w Sundried & Tomato Salsa 🍎  
- Roast Beef 🍎  
- Meatless Bean Goulash 🍎  |

**January 25 - 31 Cycle 2**

**Soup & Salads**
**Fresh Smoothies**
**Eggs Made to Order**
**Plus a Variety of Chef Selections**

**Made Fresh Daily**

All items are weighed ($1.15/100g) unless indicated otherwise.

Menu items are subject to change.

Made without Gluten 🍎  
Vegan 🍎