

◆ WEEKLY ◆
◆ MENU ◆



NOVEMBER
1-NOVEMBER
8

HEALTHY GRAINS

- Quinoa
- Farro
- Cous Cous
- Wild Rice

PROTEIN

- Jerk Pork
- Rosemary Chicken
- Crab Cake
- Jerk Chicken
- Fried chicken

SIDES

- Yellow Rice
- Brown Rice
- Creamed Spinach
- Macaroni & Cheese

VEGAN

- Vegan Pizza
- BBQ Lentil Loaf
- Portobello Pot Roast
- Fried Tofu