



## WHEN IN SPAIN

MONDAY 5/11/26

### CHICKEN AND SAUSAGE PAELLA

Chicken Thigh Meat, Spicy Pork Sausages, Paella Rice, Saffron and Smoked Paprika, Sweet Peppers, Peas, and Chorizo

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### PAELLA WITH MUSHROOMS AND TEMPEH

Paella Rice, Saffron and Smoked Paprika, Sweet Peppers, Edamame, and Mushrooms

**VEGAN, GF, DAIRY FREE, NUT FREE**

### GRILLED CORN SALAD WITH GRAPE TOMATOES AND AVOCADO

Pickled Red Onions and Lime

**VEGAN, GF, DAIRY FREE, NUT FREE**

### SPINACH AND CABBAGE SALAD WITH A ROASTED ONION DRESSING

Raisins, Pickled Onions, and Cucumbers

**VEGAN, GF, DAIRY FREE, NUT FREE**

### M & M COOKIES

**VEGETARIAN, NUTFREE**



## THIS AIN'T STAR WARS

TUESDAY 5/12/26

### MANGALORE COCONUT CHICKEN

Chicken Legs in Coconut Gravy

**GF, DAIRY FREE, NUT FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### EGGPLANT CURRY KERALA

Coconut, spices, and Tamarind

**VEGAN, GF, DAIRY FREE, NUT FREE**

### FRIED BROWNEED RICE

Onion, Bay, Cloves, and Cinnamon

**VEGAN, GF, DAIRY FREE, NUT FREE**

### GREEN BEANS WITH CARAMELIZED RED ONIONS, CRIMINI MUSHROOMS, AND ROASTED CHICKPEAS

Olive Oil, Garlic, and Lemon

**VEGAN, GF, DAIRY FREE, NUT FREE**

### NAAN

**VEGAN, DAIRY FREE, NUT FREE**

### CANTALOUPE, ARUGULA, AND CUCUMBER SALAD WITH PUMPKIN SEEDS

Pomegranate-Cardamom Seed dressing with fresh Cilantro and Mint

**VEGAN, GF, DAIRY FREE, NUT FREE**

### ROSE WATER SHORTBREAD COOKIES

**VEGETARIAN**



## THAI IT!

WEDNESDAY 5/13/26

### GRILLED THAI CHICKEN WITH PEANUT SAUCE

Boneless Chicken Thighs, Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

**GF, DAIRY FREE**

### *FOR THE VEGANS AND VEGETARIANS*

### GRILLED TOFU SATAY WITH PEANUT SAUCE

Tofu Skewers with Mushrooms and Peppers marinated with Garlic, Ginger, Coriander, Curry Powder, Soy Sauce, Coconut Milk, and Palm Sugar

**VEGAN, GF, DAIRY FREE**

### LEMONGRASS AND GREEN ONION RICE

Garlic and Ginger

**VEGAN, GF, DAIRY FREE, NUT FREE**

### SPICY VEGETABLE STIRFRY

Cabbage, Broccoli, Carrots, and Sweet Peppers  
Chili Sauce and Sweet Soy

**VEGAN, GF, DAIRY FREE, NUT FREE**

### SPINACH SALAD WITH MELON, ALMONDS, AND RED ONION

Orange-Rice Wine Vinaigrette

**VEGAN, GF, DAIRY FREE**

### GINGER COOKIES

**VEGETARIAN, CONTAINS NUTS**



**DON'T BE ONE**

**THURSDAY 5/14/26**

**JAMAICAN JERKED PORK LOIN AND PINEAPPLE-JALEPENO SALSA**

Pork Loin marinated with Green Onion, cilantro, Peppers, Allspice, cinnamon, and Lime

**GF, DAIRY FREE, NUT FREE**

***FOR THE VEGANS AND VEGETARIANS***

**JAMAICAN JERK CHICKPEA STEW**

Potatoes, Peas, Onions, Ginger, Thyme, Allspice, Nutmeg, Cinnamon, Chilies

**VEGAN, GF, DAIRY FREE, NUT FREE**

**COCONUT RICE AND "PEAS"**

Onions, Ginger, Coconut Milk, Kidney Beans, Habanero Chili

**VEGAN, GF, DAIRY FREE, NUT FREE**

**CABBAGE, CARROT, AND APPLE SLAW**

Spicy Fresh Chili Dressing

**VEGAN, GF, DAIRY FREE, NUT FREE**

**ARUGULA SALAD WITH STRAWBERRIES, CUCUMBERS, AND TOASTED COCONUT**

Coconut-Anise Vinaigrette

**VEGAN, GF, DAIRY FREE, NUT FREE**

**PINEAPPLE COOKIES**

**VEGETARIAN, NUT FREE**



## MERICAN

FRIDAY 5/15/26

### BLT SANDWICH

Bacon, Iceberg Lettuce, Sliced Heirloom Tomatoes, Toasted Sourdough

**NUT FREE**

### *FOR THE VEGETARIANS*

### CHOPPED EGG SALAD SANDWICH

Toasted Sourdough, Celery, Mayo, Mustard, Hot Sauce, ...

**VEGETARIAN, NUT FREE**

### POTATO SALAD

Baby Red Potatoes, Celery, Mayonnaise and Mustard, Parsley, Dill, and Chives

**VEGETARIAN, GF, DAIRY FREE, NUT FREE**

### MIXED TOMATO SALAD WITH CUCUMBERS AND FRESH MOZZARELLA

Fresh Basil, Balsamic, and Olive Oil

**VEGETARIAN, GF, NUT FREE**

### ARUGULA SALAD WITH PEARS, PICKLED ONIONS, AND BLUE CHEESE

Honey-Lemon Vinaigrette

**VEGETARIAN, GF, NUT FREE**

### BUTTERSCOTCH COOKIES

**VEGETARIAN**