

DELI HOT BAR MENU - SEPTEMBER 2018

Sunday Brunch	Monday	Tuesday Asian cuisine	Wednesday Indian cuisine	Thursday	Friday	Saturday Brunch
						1 Cajun Beans and Rice (V) Breakfast Sausage Vegan Breakfast Sausage (V) Breakfast Potatoes (V) Steamed Greens(V)
2 Cajun Beans and Rice (V) Breakfast Sausage Vegan Breakfast Sausage (V) Breakfast Potatoes (V) Steamed Greens(V)	3 The Co-op is closed! Happy Labor Day!	4 General Tso's Chicken General Tso's Tofu (V) Bok Choy with Cashews (V) Egg Rolls White Basmati Rice (V) Steamed Kale (V)	5 Goan Beef Goan Tofu (V) Indian Spiced Cauliflower (V) Samosas (V) White Basmati Rice (V) Steamed Kale (V)	6 Linguini (V) Beef Meatballs Vegan Meatballs (V) Garlic Bread (V) Brown Rice (V) Steamed Kale (V)	7 Chicken Fried Rice Tofu Fried Rice (V) Spicy Cabbage (V) Egg Rolls Brown Rice (V) Steamed Kale (V)	8 Oatmeal and Fixings Coconut Rice (V) Breakfast Potatoes (V) Steamed Greens (V)
9 Oatmeal and Fixings Coconut Rice (V) Breakfast Potatoes (V) Steamed Greens (V)	10 Sausage Gravy Vegan Sausage Gravy(V) Homemade Biscuits (V) Peas and Carrots(V) Brown Rice (V) Steamed Kale (V)	11 Thai Chicken Thai Tofu (V) Veggie fixings (V) Egg Rolls Coconut Rice (V) Steamed Kale (V)	12 Chicken Tikka Masala Chana Masala (V) Curried Potatoes (V) Samosas (V) White Basmati Rice (V) Steamed Kale (V)	13 Mexican Beef Skillet Mexican Seitan Skillet (V) Spanish Rice (V) Spicy Corn (V) Brown Rice (V) Steamed Kale (V)	14 Beef Shepherd's Pie Vegan Shepherd's Pie (V) Steamed Green Beans(V) Garlic Bread (V) Brown Rice (V) Steamed Kale (V)	15 Cinnamon Rolls (V) Red Flannel Hash (V) Scrambled Eggs Punk Rock Tofu Scramble (V) Brown Rice (V) Steamed Greens(V)
16 Cinnamon Rolls (V) Red Flannel Hash (V) Scrambled Eggs Punk Rock Tofu Scramble (V) Brown Rice (V) Steamed Greens(V)	17 Salisbury Steak Mushroom Rockefeller (V) Garlic Bread (V) Roasted Brussels Sprouts (V) Wild Rice (V) Steamed Kale (V)	18 Moo Shu Pork Moo Shu Tofu (V) Spicy Cabbage (V) Egg Rolls White Basmati Rice (V) Steamed Kale (V)	19 Chicken Makhani Daal Makhani (V) Coconut Curried Cabbage (V) Samosas (V) White Basmati Rice (V) Steamed Kale (V)	20 Beef Fajitas Arroz Con Gandules (V) Patatas Bravas (V) Spicy Corn (V) Brown Rice (V) Steamed Kale (V)	21 Chicken Nuggets Tofu Nuggets (V) Mashed Potatoes (V) Egg Rolls Wild Rice (V) Steamed Kale (V)	22 Huevos Rancheros Enchiladas Black Bean Enchiladas (V) Bacon Seitan Bacon (V) Breakfast Potatoes (V) Brown Rice (V) Steamed Greens (V)
23 Huevos Rancheros Enchiladas Black Bean Enchiladas (V) Bacon Seitan Bacon (V) Breakfast Potatoes (V) Brown Rice (V) Steamed Greens (V)	24 Chicken Ala King Tempeh Ala King(V) Homemade Biscuits (V) Steamed Broccoli (V) Brown Rice (V) Steamed Kale (V)	25 Thai Peanut Beef Thai Peanut Tofu (V) Kung Pao Brussels Sprouts (V) Egg Rolls Coconut Rice (V) Steamed Kale (V)	26 Coconut Curry Chicken Coconut Curry Tofu (V) Roasted Vegetables (V) Samosas (V) Lemon Rice with Cashews (V) Steamed Kale (V)	27 Tortilla Chips (V) Mexican Ground Beef Mexican Black Beans (V) Spanish Rice (V) Vegan Queso Dip (V) Brown Rice (V) Steamed Kale (V)	28 Burger Buns BBQ Pork BBQ Jackfruit (V) Potato Wedges (V) Creamed Corn Cilantro Lime Rice (V) Steamed Kale (V)	29 Homemade Biscuits Sausage Gravy Vegan Gravy (V) Breakfast Potatoes (V) Steamed Greens (V)
30 Homemade Biscuits Sausage Gravy Vegan Gravy (V) Breakfast Potatoes (V) Steamed Greens (V)						