

Lunch Buffet Menu

MEMBER PRICE - \$20, NON-MEMBER - \$27

MONDAY

Harissa Chicken (TB)
Jollof Rice (SY,SE,VG)
Harissa Roasted Cauliflower (VG, TB)
East Africa Cabbage Slaw (SY VG)
Coconut Lentil Soup (VG)
Zucchini Basil Soup (VT, SY, SU)

TUESDAY

Crispy Orange Chicken (EG, WH, SY,CG)
Manchurian Tofu (SY, SE, VG)
Kimchi Fried Rice (FI, SY, SE)
Grilled Bok Choy (SY, SE, VG)
Chicken Congee (SY, SU)
Egg Drop Soup (EG, SY)

WEDNESDAY

Fried Chicken (EG, WH, SY, CG)
Country Fried Steak (MI, EG, WH, CG)
Buffalo Cauliflower (VT, MI, SU)
Macaroni n Cheese (VT, TB, MI, WH, CG)
Mashed Potatoes (MI, VT)
Potato Bacon Soup w/ Cheese and Green onions (MI, EG, SY, SE, WH, CG)

THURSDAY

Chicken Parmesan (MI, SY, WH, CG)
Penne and Meatballs (MI, SY, WH, CG)
Roasted Crimini Fettuccini Alfredo (MI, WH, CG, VT)
Garlic Roasted Bread Sticks (MI, SY, WH, CG, VT)
Roasted Eggplant (VG)
Italian Wedding w/ Meatballs

FRIDAY

Chicken Tikka Masala (MI)
Coconut Shrimp Curry (SF)
Chana Masala (VG)
Basmati Rice (VG)
Grilled Pita Bread (WH, CG, VG)
Sweet Potato Kale (VG)

SALAD BAR, SANDWICH DELI AND DESSERTS AVAILABLE EVERYDAY

VT - Vegetarian, VG - Vegan, MI - Contains Milk, EG - Contains Egg, CG - Contains Gluten, WH - Contains Wheat, SY - Contains Soy, FI - Contains Fish, SF - Contains Shellfish, TB - Heart Healthy SU - Sustainable, TN - Contains Tree Nuts, PN - Contains Peanuts, SE - Contains Sesame