

# Lunch Buffet Menu

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

#### **MONDAY**

Ras al Hanout Chicken (TB)
Tanzanian Beef Stew
Ras al Hanout Tofu
Basmati Rice (VG,TB,SU)
Roasted Cauliflower (VG, TB)
Coconut Lentil(VG)
Potato Kale Curry (VG, SY, TB)

Chicken Katsu w Sauce (FI, WH, SY, CG)
Sesame Beef and Broccoli (SY)
Eggplant Katsu (TB, EG, WH, CG, VT)
Steamed Rice (VG, TB)
Stir Fry Veg (TB, VG)
Kale & Sweet Potato (VG, SU)
Chicken Congee Station (SY, SU)

### WEDNESDAY

Meat Lasagna (MI, EG, WH, SY, CG)
Chicken Parmesan (MI, WH, CG)
Cheese Lasagna (MI, EG, WH, CG, VT)
Cheesy Garlic Bread (VT, MI, WH, CG, SU)
Sauteed Seasonal Vegetable (VG, TB)
Roasted Tomato Soup (SY, VG)
Turkey Sausage and Kale

## **THURSDAY**

Maple Roasted Turkey
Green Chili Meat Loaf (MI, EG, FI, WH, SY,CG)
Veg Jambalaya (TB, SY, SU, VG)
Mashed Potatoes (MI, VT)
Roasted Broccoli (VG)
Cream of Asparagus (MI, WH, SY, CG, VT)
Matzo Ball Soup (EG, WH, CG)

# **FRIDAY**

Beef Birria w/ Consomme

Chicken Adobado
Calabacitas (VT, MI)
Spanish Rice (SY, VG)
Charro Beans (SY, VG, SU)
Poblano Corn Chowder (VT, MI, SY)
Malto Ball Soup (EG, WH, CG)

#### SALAD BAR 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