



### **Monday, 10/31 - BBQ**

BBQ Chicken with Corn Succotash and Roasted Potatoes with BBQ Sauce  
BBQ Sea Bass with Corn Succotash and Roasted Potatoes with BBQ Sauce  
Tofu Noodle Bowl

### **Tuesday, 11/1 - Mexican**

Grilled Salmon with Broccoli and Brown Rice  
Chipotle Chicken with Roasted Broccoli and Cauliflower and Spanish Rice with Salsa Verde  
Camarones a la Diabla with Roasted Broccoli and Cauliflower with Spanish Rice  
Tofu Noodle Bowl

### **Wednesday, 11/2 - Chinese**

Kung Pao Chicken with Steamed Gai Lan, Carrots, and Baby Corn with Brown Rice  
Steamed Fish with Ginger Scallion Soy with Gai Lan, Carrots, and Baby Corn with Brown Rice  
Tofu Noodle Bowl

### **Thursday, 11/3 - American**

Chicken Green Chili with Black Bean Salad, Corn, Zucchini, and Tomatoes  
Pan Roasted Rainbow Trout with Black Bean Salad, Corn, Zucchini, and Tomatoes  
Tofu Noodle Bowl

### **Friday, 11/4 - Moroccan**

Roasted Chicken with Mint and Aleppo Pepper with Green Beans and Squash with Cous Cous  
Tabbouleh  
Red Chermoula Shrimp with Green Beans and Squash with Cous Cous Tabbouleh  
Tofu Noodle Bowl