



SPRING 2022 MENU IDEAS

CLASSICS

Spinach stuffed shells & marinara
Chicken piccata & mashed potatoes
Cheesy quinoa broccoli bake
Spring vegetable risotto
Salmon cakes & rice pilaf
Hash brown-crust quiche
Braised beef ragu & cheesy polenta

GLOBAL

Sweet & spicy stir-fried shrimp
Korean beef & green beans
Keema saag (turkey & spinach)
Lemongrass pork bahn mi bowls
Adobo shredded chicken tacos
Lentil dal & naan bread
Curry braised chicken thighs

SOUPS & STEWS

Spicy black bean soup
Chicken taco soup
Minestrone w/brown rice & lentils
Lamb stew with egg noodles
White bean & kale stew
Creamy potato leek soup

LIGHTER SIDE

Asian lettuce wraps
Feta & herb-crust salmon
Mediterranean quinoa salad
Miso-glazed barramundi
Lentil & grain kale salad
Sweet potato buddha bowl

Most menu items can be made dairy-free, vegetarian, or otherwise modified on request

