

HLS/Kosher

Monday, Jan 29	Beef Bourguignon Lentil Ragout with Herb Tofu (V) Smashed Potatoes Baby Carrots with Fennel
Tuesday, Jan 30	Meatballs, Sausage, Peppers and Onion over Pasta Parve Lasagna Roll Ups (V) Mixed Vegetables with Lemon Caper Olive Oil
Wednesday, Jan 31	Lemon and Herb Roasted Chicken over Rice Pilaf Spanish Frittata (V) Green Beans with Sundried Tomato and Shallot
Thursday, Feb 1	Rotisserie Drumsticks with Sweet Potato Puree and Spinach Mixed Mushroom and White Bean Ragout (V) Cinnamon Roasted Butternut Squash with Cranberries
Friday, Feb 2	Harissa Spiced Chicken <i>Mujadara (Lentils with Rice, Caramelized Onion and Cauliflower)(V)</i> Sweet Noodle Kugel



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Monday, Feb 5	Chili Lime Grilled Chicken Legs Lemon Pepper Tofu with Grilled vegetables (V) Potato Latkes
Tuesday, Feb 6	Braised Chicken Stew Sweet Potato and Chickpea Curry with Tofu (V) Hot Honey Glazed Carrots
Wednesday, Feb 7	Honey Citrus Glazed Salmon Roasted Citrus Tofu with Acorn Squash and Cranberries (V) Roasted Red Bliss Potatoes
Thursday, Feb 8	Mediterranean Chicken with Cous Cous Mushroom and Caramelized Onion Frittata (V) Grilled Zucchini with Peppers
Friday, Feb 9	Bolognese Shawarma with Potatoes and Carrots (Vgn) Corn and Peas



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Monday, Feb 12	Cider Brined Chicken with Fennel Beyond Meat Bolognese with Rotini (V) Carrots with Beet Relish
Tuesday, Feb 13	Chicken Cacciatore Parve Portobello Ravioli (V) Garlic Potato Wedges
Wednesday, Feb 14	Blackened Fish with Jicama Orange Salsa Stuffed Cabbage (V) Brown Rice with Broccoli
Thursday, Feb 15	Chicken with Penne, Mushrooms and Capers Pasta Primavera (V) Roasted Red Bliss Potatoes
Friday, Feb 16	Honey Lime Roasted Chicken over Cilantro Rice Chickpea and Tofu Veggie Bowl (V) Green Beans with Mushrooms and Leeks



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Monday, Feb 19	HOLIDAY
Tuesday, Feb 20	Chicken Teriyaki with Mixed Vegetables Veggie & Tofu Lo Mein (V) Egg and Scallion Fried Rice
Wednesday, Feb 21	Corned Beef with Cabbage and Potatoes Broccoli and Red Pepper Frittata (V) Roasted Root Vegetables with Sage
Thursday, Feb 22	American Chop Suey Mixed Veggies with Chickpeas and Romesco (V) Chickpea, Root Vegetable and Tofu Coconut Curry
Friday, Feb 23	Grilled Fajita Chicken Chili Lime Tofu with Corn Salsa (V) Rice and Black Beans

