

Color Codes: Red = Macrobiotic, Green = Vegan, Black = Contains Animal Products

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| | | | | 1 Tofu Loaf Channa Masala Lower Carb: Shrimp Burger | 2 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt | 3 Breakfast 9-11:30am Oven Fried Tofu BBQ Seitan Plate Lower Carb: Shrimp Burger |
| 4 CLOSED | 5 Honey Mustard Tempeh Coconut Shrimp Lower Carb: Lemon Butter Salmon | 6 Shepherd's Pie Moroccan Chicken Couscous Lower Carb: Quiche | 7 Seitan à la Normandie French pâté w/Brie & Gazpacho Lower Carb: Cornish Hen | 8 Cauliflower Maranca Jerk Tofu Sandwich Lower Carb: Shrimp Burger | 9 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt | 10 Breakfast 9-11:30am Seitan Tarragon Onion Gruyere Tart Lower Carb: Shrimp Burger |
| 11 Deli Open 10 am-7pm Brunch Served 10am-2pm | 12 Bean Pie Seitan Quesadilla Lower Carb: Lemon Butter Salmon | 13 Seaside Cakes Thai Fish Cakes Lower Carb: Quiche | 14 Alsation Onion Pie Roasted Vegetables w/ Sesame Tofu Lower Carb: Cornish Hen | 15 Bulgar Walnut Loaf Tomato Avocado Sandwich Lower Carb: Shrimp Burger | 16 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt | 17 Breakfast 9-11:30am Teriyaki Tofu Persian Eggplant Lower Carb: Shrimp Burger |
| 18 Deli Open 10 am-7pm Brunch Served 10am-2pm | 19 Lentil Loaf Sloppy Jane Lower Carb: Lemon Butter Salmon | 20 Russian Vegetable Pie Eggplant Parmesan Lower Carb: Quiche | 21 Country Fried Seitan Chicken or Tofu Caesar Salad Lower Carb: Cornish Hen | 22 Miso Tofu Sandwich Mexican Bean Pie Lower Carb: Shrimp Burger | 23 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt | 24 Breakfast 9-11:30am Tofu Yung Shrimp Pasta Salad Lower Carb: Shrimp Burger |
| 25 Deli Open 10 am-7pm Brunch Served 10am-2pm | 26 Hoppin' John Bean & Cheese Chalupa Lower Carb: Lemon Butter Salmon | 27 Italian Tofu Cake Mediterranean Pizza Lower Carb: Quiche | 28 Broccoli Tofu Sandwich Middle Eastern Feast Lower Carb: Cornish Hen | 29 Tempeh Satay Caribbean Stew w/ Jerk Tofu Lower Carb: Shrimp Burger | 30 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt | 31 Breakfast 9-11:30am Mushroom Onion Seitan Swiss Seitan Lower Carb: Shrimp Burger |