















# THIS WEEK AT (HARLESTON MARKET

FOR THE WEEK OF MAY 4-8

## MONDAY

### *Lunch*


- Chicken Noodle Soup
-   Vegan Broccoli Soup
-  California Quiche
-  Broccoli Rice Casserole
- Chicken Patty Sandwich
-   Fresh Yellow Squash
-   Peas & Mushrooms
-   Pasta
-   Marinara Sauce
-  Alfredo Sauce

### *Dinner*

#### Meatless Monday

-   Broccoli Stir Fry
-   Vegan Pot Pie
-  Patato/Kale Enchiladas
-   Brown Rice
-   Roasted Vegetables
-   Fresh Green Beans
-   Pasta
-   Marinara Sauce
-  Alfredo Sauce

#### Key

 = Vegan

 = Vegetarian



## TUESDAY

### *Lunch*

- Vegetable Beef Soup
-   Vegan Tomato Soup
- Chicken Pot Pie
-   Vegan Lo Mein
- Philly Cheese Steak
-   Steak Fries
-   Fresh Zucchini
-   Fresh Carrots

### *Dinner*

- Carved Beef Brisket with BBQ Sauce
-   Vegan Curried Lentils
-   Brown Rice
-   Steamed Corn
-   Sautéed Fresh Zucchini
- Roasted Salmon
-  Pasta
-   Marinara Sauce
-  Alfredo Sauce



## WEDNESDAY

### *Lunch*

Broccoli Cheese Soup

☑️👉 Vegan Chili

#### Potato Bowl:

☑️👉 Steamed Red Skin Potatoes

☑️👉 Yukon Mashed Potatoes

Beef Burgundy

Pop Corn Chicken

☑️👉 Fried Tofu

☑️👉 Steamed Broccoli

☑️👉 Steamed Corn

☑️👉 Vegan Gravy

Chicken Gravy

☑️👉 Pasta

☑️👉 Marinara Sauce

👉 Alfredo Sauce

### *Dinner*

Carved Pork Loin with Beef Gravy

☑️👉 Vegan Kung Pao Tofu

☑️👉 Roasted Red Skins

☑️👉 Fresh Green Beans

☑️👉 Fresh California Blend

👉 Pasta

☑️👉 Marinara Sauce

👉 Alfredo Sauce




## THURSDAY

### *Lunch*

Chicken Corn Chowder

  Vegan Vegetables

Ham & Beans

 Corn Bread

  Fried Potatoes

 Cheese Enchiladas

Corn Dogs

  Fresh Green Beans

  Fresh Cauliflower

### *Dinner*

Carved Roast Turkey Breast with Turkey Gravy

 Bread Dressing

  Vegan Stuffed Peppers

Baked Tilapia

  Sautéed Yellow Squash

  Yukon Mashed Potatoes

  Fresh Baby Carrots

 Pasta

  Marinara Sauce

 Alfredo Sauce





## FRIDAY

### *Lunch*

New England clam chowder



  Vegan Lentil Soup

  Indian Rice Bowl

Chicken Curry

  Vegetable Curry

  Vegan Tofu Curry



  Brown & White Rice

  Cilantro Chutney

  Green Onions

  Cashews & Almonds

 Pasta

  Marinara Sauce

 Alfredo Sauce

### *Dinner*

Theme Bar