

COWPIE CAFÉ	MONDAY 2/11/2019	TUESDAY 2/12/2019	WEDNESDAY 2/13/2019	THURSDAY 2/14/2019	FRIDAY 2/15/2019	SATURDAY 2/16/2019	SUNDAY 2/17/2019
LUNCH	Creamy Mushroom Risotto	West African Peanut Stew	Buddha Bowl w/	Broccoli & Cheese Baked Potato	NO FOOD WASTE FRIDAY	CLOSED	CLOSED
	Garlicky Broccoli	Jasmine Rice	Shwarma Chickpeas	WWC Garden Roasted Butternut Squash	Salad Bar		
	Arugula Salad w/ Cranberry & Almond	Sasha Kale Salad	Brown Rice	Garden Salad Bar	Dessert		
	Sugar Cookies w/ Icing	Edamame	Assorted Roasted Veggies	Pumpkin Snickerdoodles			
		Coconut Cupcakes	Sauces: Peanut, Tahini				
			Sugar Cookies				

DINNER	Vegan Mac & Cheese	Fettuccine w/ Cowpie Marinara & Vegan Cheese	Nacho Bar	Sweet Korean Bulgogi Lentils	CLOSED	CLOSED	Veggie Pizza
	Tempeh Bacon	Roasted Squash & Zucchini	Notcho Cheese/Salsa	Vegan Fried Rice			Garden Salad Bar
	Asparagus	Garden Salad Bar	Roasted Peppers & Onions	Citrus Kale Salad			Chewy Oatmeal Raisin Cookies
	Garden Salad Bar	Garlic Bread	Guacamole	Trail Mix Cookies			
	Vanilla Cupcakes w/ Cream Cheese Frosting	Berry Crumb Muffins	Black Beans				
			Black Bean Brownies				

gf = indicates gluten free / v = vegan / veg = vegetarian / L = Local product/Nooch=Nutritional Yeast