

UDC Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	White Bean, Cabbage & Sausage Soup	Chicken Vegetable Orzo Soup	White Bean, Cabbage & Sausage Soup	Chicken Vegetable Orzo Soup	White Bean, Cabbage & Sausage
	Harvest Broccoli Soup (Mindful)	Potato Leek Soup	Harvest Broccoli Soup (Mindful)	Potato Leek Soup	Harvest Broccoli Soup (Mindful)
Main Menu	Chicken Adobado	Turkey Quinoa Stuffed Peppers	Mesquite Roast Pork Loin	Chicken Parm	Pan Seared Salmon with Black Bean Hummus
	V Lentils In Adobo	V Quinoa Stuffed Peppers	V Mesquite Tempeh	V Eggplant Parmesan	V Tofu
	Simply Roasted Carrots	Parmesan Crusted Cauliflower	Sauteed Green Beans	Tossed Caesar Side Salad	Black Bean Hummus
	Garlic Roasted Potato Wedges	Roasted Balsamic Eggplant	Brown Rice Pilaf	Oven Roasted Squash with Mushrooms	Mix Greens
	Grilled Zucchini		Tex Mex Veggies	Rigatoni with Parsley	Grilled Corn On The Cob
	Adobado Sauce				
				Red Velvet Whoopie Pie	
	Foccacia Roll	Ciabatta Roll	Cilantro Corn Bread	Garlic Bread	Foccacia Roll
	Cilantro	Parsley	Cilantro	Parsley	Scallions
Pizza Special	Buffalo Chix Pizza	Italian Mushroom Pizzetta	Buffalo Chix Pizza	Italian Mushroom Pizzetta	Buffalo Chix Pizza
	Cheese Pizza	Pepperoni Pizza	Cheese Pizza	Pepperoni Pizza	Cheese Pizza