| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 3/31/2024 R |  |  |  |  | 3/1/2024 | 3/2/2024 |
| Tomato and Roasted Eggplant and Chickpea Stew <br> Chicken Tikka Masala |  |  |  |  | Cauliflower and Golden Lentil Curry <br> Maple Glazed Salmon | Plant Based Chicken Alfred <br> Roasted Chicken Alfredo |
| 3/3/2024 | 3/4/2024 | 3/5/2024 | 3/6/2024 | 3/7/2024 | 3/8/2024 | 3/9/2024 |
| Veggies Jambalaya <br> Jambalaya with Shrimp and Chicken | Roasted Vegetable Strudel <br> Chicken with Gravy | East Indian Chana Masala Chicken Sukka | Vegetable Kebobs on Couscous Moroccan Spiced Chicken | Curry Tofu and Vegetables Coconut Beef Curry | Caribbean Peas and Lentil <br> Grilled Salmon | Plant Based Marinara Meatballs <br> Marinara Meatballs |
| 3/10/2024 | 3/11/2024 R | 3/12/2024 $\quad$ R | 3/13/2024 | 3/14/2024 R | 3/15/2024 R | 3/16/2024 |
| Vegetable Goulash <br> Beef Goulash with Pasta | Vegetable Biryani Chicken Biryani | ```Yellow Split Pea and Pepper Dal Curry Turkey Vegetable Curry``` | Stuffed Bell Peppers <br> Bahamian BBQ Chicken | Chickpea and ${ }^{\star}$ Vegetable Curry <br> Chicken Tikka Masala | Vegetable Samosa Battered Cod | Tagliettele Plant Based Bolognese <br> Tagliatelle Bolognese |
| 3/17/2024 | 3/18/2024 | 3/19/2024 R | 3/20/2024 R | 3/21/2024 | 3/22/2024 R | 3/23/2024 |
| Tofu Creole Shrimp Creole | Plant Based Sausage on a Bun Chorizo Sausage on a Bun | Plant Based Butter Chicken Butter Chicken | Tunisian Yam and Red Bean Stew <br> Beef and Okra Stew | Plant Based Sausage Pasta with Tomato Sauce Roasted Chicken Thighs | Tomato and Chickpea Stew <br> Tilapia Fillet with Lemon Garlic Aioli | Lentil Bolognese Lasagna Beef Lasagna |
| 3/24/2024 | 3/25/2024 | 3/26/2024 | 3/27/2024 R | 3/28/2024 | 3/29/2024 R | 3/30/2024 |
| Plant Based Meatballs in Tomato Sauce with Olives <br> Swedish Meatballs | Chickpea Stir-fry <br> Chicken Stir-Fry | Tofu Straganoff <br> Beef Stroganoff | Aloo Gobhi <br> Butter Chicken | Korean Barbeque Tofu <br> Glazed Karaage Chicken Gochujang | Cauliflower and Golden Lentil Curry Maple Glazed Salmon | Roasted Chicken Alredo <br> Plant Based Chicken Alfredo |

