

November & December Menu

2020

VEGETARIAN

Squash bowl- Seasonal squash with greens and quinoa

Curried potato & chickpeas with lime rice

Lentil and quinoa stuffed peppers

POULTRY

Baked rosemary chicken thighs with seasonal squash and quinoa

Chicken piccata with pasta-Chicken breast light fried in a classic Italian lemon wine sauce

Coconut curry chicken with lime rice-chicken thigh, slow stewed in a coconut curry.

RED MEAT

Spicy beef and bean chili

Meatball and potato gnocchi with seasonal vegetable

Fish

Pan seared lemon tilapia with potato gnocchi in a butter herb sauce.

Tilapia stew- with lentils and spices



