

Seward Co-op Grocery & Deli Hot Lunch Menu

February 2010

Brunch Favorites	South of the Border	Europe - Mediteranean	East Asian	Southern - Soul Food	Flavors of India	Brunch Favorites
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Barbados Chicken / BBQ Sauce Butternut Squash Enchilada Bk Spicy Collard Greens Cuban Black Beans Cuban Roast Pork Chipotle Roasted Vegetables Soup: Three-Bean Vegetarian Chili	Lemon Sage Chicken Herb Rst. Chicken, Mushrooms Sauteed Kale Baked Pasta w/ Ricotta Cheese Butternut Squash Bread Pudding Winter Roasted Vegetables Soup: Minestrone	Vegetarian Pad Thai Chinese Barbecue Chicken Red Curry w/ Winter Squash Masaman Curry w/ Potatoes Golden Pineapple Rice Green Curry Roast Vegetables Soup: Curried Red Lentil Soup	Barbecued Ribs Hot Wings Cajun Blackened Tofu Red Beans and Rice Carolina Kale Ratatouille Macaroni and Cheese Cornbread Soup: Chicken Wild Rice Soup	Tandoori Chicken Chicken Vindaloo Vegetable Korma Vegetable Rice - Indian Style Moong Dal Masala Spiced Potatoes Soup: Curried Winter Squash & Chicken Stew	Squash & Carm. Onion Brulee French Toast Sausage & Red Pepper Torta Bacon & Cheddar Scramble Breakfast Potatoes Fruit Crumble Soup: Clam Chowder
7	8	9	10	11	12	13
Squash & Carm. Onion Brulee French Toast Sausage & Red Pepper Torta Cheddar Scramble Breakfast Potatoes Fruit Crumble Soup: Mushroom Barley	Chicken Mole Enchiladas Rst. Vegetable Enchilada Bake Southwestern Shepherd's Pie Catalan Roasted Vegetables Butternut Squash & Pepita Pesto Latin Roast Potatoes Soup: Bolivian Spicy Lentil Soup	Red Chicken Shepherd's Pie Roast Yams & Potatoes w/ Sage Toasted Barley w/ Mushrooms Tuscan Brown Butter Kale Butternut Squash Lasagna Soup: Moroccan Chicken Stew	Sweet & Sour Chicken Kung Pao Chicken Tofu Pepper Stir-Fry Fried Rice Sesame Garlic Greens Gamja Jeon (Korean Potato Cakes) Soup: Vietnamese Turkey & Rice Noodle Soup	Barbecue Pulled Pork Hot Wings Macaroni and Cheese Cajun Dirty Rice Cheese Grits w/ Hominy Creole Roasted Yams Southern Collard Greens Cornbread Soup: Chicken Provencal Soup	Tamarind Yogurt Chicken Chicken Korma Coconut Curried Vegetables Rice Pillau w/ Peas Green Curry Roast Vegetables Sauteed Coconut Kale Soup: Cream of Tomato Basil Soup	Biscuits & Gravy w/ Sausage French Toast Roast Veg. Provencal Frittata Bacon & Cheddar Scramble Scalloped Potatoes Fruit Crumble Soup: Chicken Wild Rice Soup
14	15	16	17	18	19	20
Biscuits & Gravy w/ Sausage French Toast Roast Veg. Provencal Frittata Cheddar Scramble Scalloped Potatoes Fruit Crumble Soup: Three-Bean Vegetarian Chili	Jerked Chicken Caribbean Chicken - w/ Honey Pineapple Sauce Butternut Squash Quesadillas Spicy Collard Greens Adobo Vegetable Rice SW Vegetarian Enchilada Bake Soup: Colombian Black Bean & Rice Soup	Moussakka Rosemary Garlic Chicken Artichoke Basil Lasagna Sauteed Greek Kale Carrots w/ Dill & White Beans Rst. Veg in Mustard Vinaigrette Soup: Collard Lentil Leek	Chicken Pad Thai Ginger Garlic Chicken Red Curry Tofu Stir-Fry Masaman Curry w/ Potatoes Thai Coconut Rice Roasted Sesame Potatoes Soup: Curried Mock Chicken	Barbecued Ribs Hot Wings Cajun Blackened Tofu Red Beans and Rice Southern Collard Greens Ratatouille Macaroni and Cheese Cornbread Soup: Egyptian Red Lentil	Chicken Tikka Masala Coconut Curried Chicken Scallion Chickpea Curry Jeera Rice Sauteed Collard Greens Masala Potatoes Soup: Butternut Squash	Huevos Rancheros Casserole French Toast Bacon Cheddar Leek Frittata Breakfast Quesadillas Potatoes O'Brien Fruit Crumble Soup: Ye Olde Chicken Noodle
21	22	23	24	25	26	27
Huevos Rancheros Casserole French Toast Bacon Cheddar Leek Frittata Breakfast Quesadillas Potatoes O'Brien Fruit Crumble Soup: Farinata	Sour Cream Chicken Enchiladas Chicken/ Tomato Coconut Sauce Sauteed Kale Rst. Sweet Potato w/ Quinoa Southwestern Shepherd's Pie Chipotle Roast Vegetables Soup: Chipotle Chicken Corn Chowder	Maple Glazed Chicken Fennel-Rubbed Pork Roast Tuscan Brown Butter Kale Butternut Squash Bread Pudding Potato Cakes/ Rosemary Applesauce Thyme-Roasted Apples & Onions Soup: Green Split Pea	Chicken Red Curry Stir-Fry Thai Chicken Vegetarian Pad Thai Fried Rice Red Curry Roast Vegetables Spicy Soy Kale Soup: Spicy Carrot Peanut	Cajun Chicken Cattfish Etouffee Carolina Kale Cajun Dirty Rice Cheese Grits w/ Hominy Chicken & Veg. Gumbo Macaroni & Cheese Cornbread Soup: Creamy Cashew Mushroom	Tandoori Chicken Chicken Korma Coconut Curried Vegetables Pulihora Tamarind Rice Green Curry Roast Vegetables Sauteed Kale Soup: Curried Red Lentil	Leek & Gorgonzola Brulee French Toast Biscuits & Gravy w/ Sausage Sausage & Red Pepper Torta Scalloped Potatoes Fruit Crumble Soup: Creamy Potato Leek Swiss
28						
Leek & Gorgonzola Brulee French Toast Biscuits & Gravy w/ Sausage Sausage & Red Pepper Torta Scalloped Potatoes Fruit Crumble Soup: Cincinnati Chili						