

Seward Co-op Grocery & Deli Hot Lunch Menu

March 2010

Brunch Favorites	South of the Border	Europe - Mediterranean	East Asian	Southern - Soul Food	Flavors of India	Brunch Favorites
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Butternut Squash Enchiladas Cuban Roast Pork Spicy Collard Greens Chicken & Salsa Verde Cuban Black Beans Mushroom Quesadillas Soup: Three-Bean Vegetarian Chili	2 Mediterranean Chicken Herb Roasted Chicken - with Mushrooms Sauteed Kale Eggplant Parmesan Butternut Squash Bread Pudding Leek Roasted Carrot & Tempeh Soup: Minestrone	3 Sweet & Sour Chicken Kung Pao Chicken Szechuan Tofu Stir-Fry Fried Rice Spicy Soy Kale Sesame Roasted Potatoes Soup: Curried Red Lentil	4 Barbecued Ribs Buffalo Wings Cajun Tofu Red Beans And Rice Carolina Kale Ratatouille Macaroni And Cheese Cornbread Soup: Chicken Wild Rice	5 Tandoori Chicken Chicken Vindaloo Dahiwal Eggplant Curry New Delhi Cashew Rice Yellow Split Pea Dal Masala Potatoes & Cauliflower Soup: Curried Squash with Chicken	6 Squash & Carm. Onion Brulee French Toast Sausage & Red Pepper Torta Cheddar Scramble Breakfast Potatoes Fruit Crumble Soup: Clam Chowder
7 Squash & Carm. Onion Brulee French Toast Sausage & Red Pepper Torta Cheddar Scramble Breakfast Potatoes Fruit Crumble Soup: Mushroom Barley	8 Chicken Mole Enchiladas Catalan Roasted Vegetables Latin Roast Potatoes Veracruz Style Chicken Smokey Pinto Beans Carolina Kale Soup: Bolivian Lentil	9 Rosemary Garlic Chicken Moussaka Roasted Roots Provencal Toasted Barley With Mushrooms Tuscan Brown Butter Kale Butternut Squash Lasagna Soup: Moroccan Chicken	10 Vegetarian Pad Thai Garlic Pepper Chicken Green Curry Chicken Masaman Curry With Potatoes Spicy Thai Rice With Basil Red Curry Roast Vegetables Soup: Vietnamese Turkey	11 Barbecued Ribs Barbecued Chicken Macaroni And Cheese Cajun Dirty Rice Cheese Grits With Hominy Creole Roasted Yams Southern Collard Greens Cornbread Soup: Chicken Provencal	12 Tamarind Yogurt Chicken Beef Kofta Meatballs Coconut Curried Vegetables Rice Pillau Green Curry Roast Vegetables Sauteed Kale Soup: Cream of Tomato Basil	13 Biscuits & Gravy With Sausage French Toast Roast Veg. Provencal Frittata Cheddar Scramble Scalloped Potatoes Fruit Crumble Soup: Chicken Wild Rice
14 Biscuits & Gravy With Sausage French Toast Roast Veg. Provencal Frittata Cheddar Scramble Scalloped Potatoes Fruit Crumble Soup: Three-Bean Vegetarian Chili	15 Jerked Chicken Butternut Squash Quesadillas Adobo Vegetable Rice Coconut Apple Rice Black-Eyed Peas Caribbean Collard Greens Soup: Colombian Black Bean & Rice	16 Swedish Meatballs Rosemary Garlic Chicken Artichoke Basil Lasagna Sauteed Greek Kale Carrots w/ Dill & White Beans Roasted Vegetables - with Mustard Vinaigrette Soup: Collard Lentil Leek	17 Chicken Pad Thai Ginger Garlic Chicken Red Curry With Winter Squash Sauteed Kale Cilantro Lime Rice Green Curry Roast Vegetables Soup: Curried Mock Chicken	18 Barbecued Ribs Hot Wings Cajun Blackened Tofu Red Beans And Rice Southern Collard Greens Ratatouille Macaroni And Cheese Cornbread Soup: Egyptian Red Lentil	19 Chicken Tikka Masala Coconut Curried Chicken Scallion Chickpea Curry Jeera Rice Sauteed Collard Greens Masala Potatoes Soup: Butternut Squash	20 Huevos Rancheros Casserole French Toast Bacon Cheddar Leek Frittata Breakfast Quesadillas Veggie Scramble Tofu Breakfast Hash Soup: Ye Olde Chicken Noodle
21 Huevos Rancheros Casserole French Toast Bacon Cheddar Leek Frittata Breakfast Quesadillas Veggie Scramble Tofu Breakfast Hash Soup: Farinata	22 Sour Cream Black - Bean Enchiladas Arroz con Pollo Chipotle Chicken Tinga Spanish Rice Refried Black Beans Spicy Collards Soup: Chipotle Chicken Corn Chowder	23 Maple Glazed Chicken Fennel-Rubbed Pork Roast Tuscan Brown Butter Kale Garlic Mashed Potatoes Four Cheese Vegetarian Lasagna Thyme-Roasted Apples & Onions Soup: Green Split Pea	24 Red Curry Chicken Thai Chicken Vegetarian Pad Thai Fried Rice Red Curry Roast Vegetables Spicy Soy Kale Soup: Spicy Carrot Peanut	25 Barbecued Ribs Buffalo Wings Cajun Tofu Red Beans And Rice Carolina Kale Chicken & Veg. Gumbo Macaroni And Cheese Cornbread Soup: Creamy Cashew Mushroom	26 Tandoori Chicken Chicken Korma Coconut Curried Vegetables Vegetable Brown Rice Green Curry Roast Vegetables Sauteed Kale Soup: Curried Red Lentil	27 Leek & Gorgonzola Brulee French Toast Biscuits & Gravy With Sausage Sausage & Red Pepper Torta Scalloped Potatoes Tofu Scramble Soup: Creamy Potato Leek Swiss
28 Leek & Gorgonzola Brulee French Toast Biscuits & Gravy With Sausage Sausage & Red Pepper Torta Scalloped Potatoes Tofu Scramble Soup: Cincinnati Chili	29 Chicken in Pipian Sauce Black Bean & Tomato Quinoa Mushroom Quesadillas Smokey Pinto Beans Potato Enchiladas Verde Carolina Kale Soup: Three-Bean Vegetarian Chili	30 Mediterranean Chicken Cassoulet Sauteed Kale Balsamic Beets with - Caramelized Onions Butternut Squash Lasagna Leek Roasted Carrot & Tempeh Soup: Moroccan Root Veggie Stew	31 Lemongrass Chicken Nem Nuong Meatballs Red Curry Tofu Thai Coconut Rice Sauteed Kale Sesame Roasted Yams Soup: Vietnamese Turkey			