

Seward Co-op Grocery & Deli Hot Lunch Menu

September 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	Saturday
			1	2	3	4	
			Garlic Pepper Chicken Kung Pao Chicken Stir-fry Five Spice Roasted Potatoes Vegetarian Pad Thai Fried Rice Sauteed Collard Greens Soup: Vietnamese Turkey Noodle	Barbecue Ribs Cajun Chicken Macaroni & Cheese Cajun Dirty Rice Carolina Kale Cajun Potatoes Cornbread Cajun Tofu Soup: Chicken Provencal	Chicken Korma Coconut Curry Roasted Chicken Yellow Split Pea Dal Dahiwal Eggplant Indian Vegetable Rice Scallion Chickpea Curry Soup: Curry Mock Chicken	Huevos Rancheros Biscuits & Gravy w/ Sausage Artichoke Tomato Chevre Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Soup: Ye Olde Chicken Noodle	
5	6	7	8	9	10	11	
Huevos Rancheros Biscuits & Gravy w/ Sausage Artichoke Tomato Chevre Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Soup: Barley Vegetable	Pineapple Chicken Chicken Pipian Verde Black Bean Tomato Quinoa Catalan Roasted Vegetables Greens Latin Roasted Potatoes Soup: Colombian Bean & Rice	Four Cheese Meat Lasagna Eggplant Parmesan Rosemary Lentil Pilaf Lemon Sage Chicken Tuscan Brown Butter Kale Rst. Mustard Vinaigrette Veggies Soup: Chicken Wild Rice	Basil Baked Chicken Red Curry Tofu Stir-Fry Gamja Jeon Potato Cakes Lemon Sage Chicken Red Curry Roast Vegetables Spicy Thai Rice w/ Basil Soup: Spicy Carrot Peanut	Barbecue Ribs Honey Roasted Chicken Macaroni & Cheese Red Beans & Rice Smokey Pinto Beans Cajun Potatoes Cheesy Grits w/ Hominy Southern Collard Greens Soup: Chipotle Chicken Chowder	Tamarind Yogurt Chicken Chicken Vindaloo Jeera Rice Curried Cauliflower & Carrots Coconut Vegetable Curry Spicy Collard Greens Soup: Gypsy Stew	Leek Blue Cheese Frittata Vegetable Scramble Baked French Toast Breakfast Quesadillas Sausage & Red Pepper Torta Potatoes O' Brien Soup: Cosmic Lentil	
12	13	14	15	16	17	18	
Leek Blue Cheese Frittata Vegetable Scramble Baked French Toast Breakfast Quesadillas Sausage & Red Pepper Torta Potatoes O' Brien Soup: Creamy Tomato Basil	Jerked Chicken Black Bean & Feta Potato Cakes Coconut Apple Rice Tangy Black-Eyed Peas Caribbean Collard Greens Chicken Mole Enchiladas Soup: Three Bean Veg. Chili	Doro W'et Chicken Ethiopian Collard Greens Misr Kawat Lentils Balsamic Roasted Beets Cheesy Potatoes Artichoke Basil Pesto Lasagna Soup: Farinata	Lemongrass Chicken Cilantro Lime Rice Masaman Potato Curry Green Curry Chicken Green Curry Roast Vegetables Sesame Garlic Kale Soup: White Miso Soba Noodle	Barbecue Ribs Maple Glazed Chicken Macaroni & Cheese Cajun Dirty Rice Maple Glazed Tofu Sauteed Collard Greens Chicken & Sausage Gumbo Cornbread Soup: Creamy Cashew Mushroom	Chicken Tikka Masala Tandoori Chicken Chana Masala Persian Rice Pilaf Masala Potatoes & Cauliflower Cabbage & Yogurt - Mustard Seed Curry Soup: Curried Red Lentil	Sausage & Pepper Frittata Hash Brown Cakes Vegetable Frittata Milano Bacon Cheddar Scramble Breakfast Quesadillas Baked French Toast Soup: Chicken Wild Rice	
19	20	21	22	23	24	25	
Sausage & Pepper Frittata Hash Brown Cakes Vegetable Frittata Milano Bacon Cheddar Scramble Breakfast Quesadillas Baked French Toast Soup: Creamy Tomato Basil	Roast Veg. Enchilada Bake Veracruz Style Chicken Spicy Collard Greens Cuban Roast Pork Adobo Vegetable Rice Cuban Black Beans Soup: Three Bean Veg. Chili	Eggplant Parmesan Herbed Roast Potatoes Rosemary Garlic Chicken Carrots, Dill, White Beans Smoked Salmon Cakes Roasted Roots Provencal Soup: Farinata	Garlic Basil Tofu Stir-Fry Tofu Pepper Stir-Fry 5-Spice Potatoes Chinese Barbecue Chicken Fried Rice Sauteed Kale Soup: White Miso Soba Noodle	Barbecue Ribs Barbecue Chicken Macaroni & Cheese Cajun Dirty Rice Carolina Kale Home-style Fries Cornbread Cajun Tofu Soup: Creamy Cashew Mushroom	Chicken Curry Coconut Curry Roasted Chicken Moong Dal Dahiwal Eggplant Jeera Rice Red Curry Roast Vegetables Soup: Curried Red Lentil	Smoked Salmon Strata Milano Vegetable Scramble Roast Veg. Provencal Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Soup: Chicken Wild Rice	
26	27	28	29	30			
Smoked Salmon Strata Milano Vegetable Scramble Roast Veg. Provencal Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Soup: Sweet Potato Corn Chowder	Arroz Con Pollo Chipotle Roasted Vegetables Mango Chicken Vegetarian Mole Enchiladas Spicy Collard Greens Refried Black Beans Soup: Black Bean & Chicken	Doro Tibse Chicken Atar Allecha Berbere Roasted Vegetables Red Chicken Four Cheese Lasagna Sauteed Kale Soup: Egyptian Red Lentil	Garlic Pepper Chicken Kung Pao Chicken Stir-fry Five Spice Roasted Potatoes Vegetarian Pad Thai Fried Rice Sauteed Collard Greens Soup: Vietnamese Turkey Noodle	Barbecue Ribs Cajun Chicken Macaroni & Cheese Cajun Dirty Rice Carolina Kale Balsamic Beets Cornbread Cajun Tofu Soup: Chicken Provencal			