

# Cats 350 Weekly Specials



## Monday 10/19

Lunch:

Beef Lasagna (D, G)  
or Veggie Lasagna (veg, D, G)  
with Steamed Broccoli

Dinner:

Spicy Jerk Chicken  
or Tofu, Red Beans, & Rice (veg, S)  
with Plantains & Mixed Veggies

## Tuesday 10/20

Lunch:

Chicken or Cheese (veg, D) Enchiladas  
with Seasonal Veggies & Spanish Rice

Dinner:

Italian Pork Roast or Italian Veggie Roast (veg)  
with Sweet Potato Puree (D)  
& Steamed Broccoli

## Wednesday 10/21

Lunch:

Beef & Broccoli (G, Se, S)  
or Tofu & Broccoli (veg, G, Se, S)  
with Steamed Jasmine Rice

Dinner:

Fried Chicken (G)  
or Crispy Fried Tofu (veg, G, S)  
with Garlic Kale & Mashed Potato (D)

## Thursday 10/22

Lunch:

Khoresht Fesenjian Persian Roast Beef  
or Cannelini Bean & Eggplant (veg)  
with Pomegranate & Walnut (T),  
Steamed Rice, & Seasonal Veggies

Dinner:

Salmon Veracruz (F)  
or Tofu with Poblano, Peppers, & Onions (veg, S)  
with Roasted Potatoes & Seasonal Veggies

## Friday 10/23

Lunch:

Chicken Tomato Curry  
Or Tofu Tomato Curry (veg, S)  
with Steamed Rice & Seasonal Veggies

Dinner:

Beef Chili Baked Potato  
or Black Bean Chili Baked Potato (veg)