

Wednesday, March 8

**lunch**

Fresh herb and leek quiche

Greek spinach salad

Roasted carrot dill soup

**dinner**

Pumpkin seed crusted risotto cakes with sweet peas and asparagus

Apple curry sauce

Steamed chard w/ yacon, lime, and cinnamon

White bean and broccoli rabe soup

Thursday, March 9

**lunch**

Squash and caramelized onion cornmeal tart

Mushroom barley soup

Garden salad w/fennel, beets and oranges

**dinner**

Black bean sweet potato burritos

Coriander cabbage slaw

Steamed corn salsa

Friday, March 10

**lunch**

Moroccan root stew w/ cous cous, chickpeas and roasted tomato  
Frizzled leeks and kale w/ roasted garlic and fresh herbs

**dinner**

Fresh pasta with butternut squash,  
sundried tomatoes & walnuts  
Avocado Apple Ceasar Salad  
Market Veg.

Sunday, March 12

**lunch**

Rye berry waldorf salad  
Curried cous cous salad  
Chipotle polenta triangles  
Hummus and greens mini wraps w/ marinated carrot

**Dinner**

Seasonal Veggíe Sauté w/ carrot sauce  
Quínoa Hazelnut loaf  
Mesculín greens with grilled pear, walnut vinaigrette