

# May Hot Bar Menu 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Baked pesto chicken pasta Baked veggie pasta	2 Carnitas Cheesy green chili Tamale bake Cilantro lime rice	3 Carnitas Cheesy green chili Tamale bake Cilantro lime rice	4 Carnitas Cheesy green chili Tamale bake Cilantro lime rice	5 Beef tips in gravy with garlic herb mash potatoes & spring vegetables	6 Beef tips in gravy with garlic herb mash potatoes & spring vegetables
7 Cajun spiced oven fried chicken Cajun spiced oven fried tofu Garlic greens/ roasted sweet potato	8 Cajun spiced oven fried chicken Cajun spiced oven fried tofu Garlic greens/ roasted sweet potato	9 Hawaiian BBQ pork Hawaiian BBQ jack fruit Coconut rice and grilled veggies	10 Hawaiian BBQ pork Hawaiian BBQ jack fruit Coconut rice and grilled veggies	11 Chicken cashew stir - fry/ with rice noodles Vegetable cashew stir fry/ with rice noodles	12 Chicken cashew stir - fry/ with rice noodles Vegetable cashew stir fry/ with rice noodles	13 Marinated Tri tip Marinated portobellos Honey mustard yams Mac and cheese Garlic greens
14 Marinated Tri tip Marinated portobellos Honey mustard yams Mac and cheese Garlic greens	15 Rosemary lemon chicken thighs Rosemary lemon tofu Brown rice And roasted veg	16 Rosemary lemon chicken thighs Rosemary lemon tofu Brown rice And roasted veg	17 Pork chili verde Potato chili verde Spanish rice and beans	18 Pork chili verde Potato chili verde Spanish rice and beans	19 Mushroom spinach Alfredo Chicken Alfredo Steamed veg/ garlic bread	20 Mushroom spinach Alfredo Chicken Alfredo Steamed veg/ garlic bread
21 BBQ plate Protein and veg option. Macaroni salad Grilled veggies	22 BBQ plate Protein and veg option. Macaroni salad Grilled veggies	23 Beef enchiladas Potato enchiladas Spanish rice and beans	24 Beef enchiladas Potato enchiladas Spanish rice and beans	25 Szechuan eggplant & Zucchini stir fry Beef and broccoli	26 Szechuan eggplant & Zucchini stir fry Beef and broccoli	27 Chicken marsala Mushroom Jackfruit marsala w/ jasmine rice and asparagus
28 Chicken marsala Mushroom Jackfruit marsala w/ jasmine rice and asparagus	29 Chicken fajitas Veggie fajitas	30 Chicken fajitas Veggie fajitas	31 Baked ziti With summer vegetables & garlic bread			

Menu Subject To Change