

## BISTRO MENU: OCTOBER 01 – 31, 2019

Enjoy healthful choices at the Bistro every day! **VEGAN** Entrée items on menu are written in green.

Sunday, 09/29	Monday, 09/30	Tuesday, 10/01	Wednesday, 10/02	Thursday, 10/03	Friday, 10/04	Saturday, 10/05
<p><b>Roasted Vegetable Soup</b> Grilled Mock Ham &amp; Cheese Sandwiches <b>Jambalaya</b> Steamed Mixed Vegetables Carrot Raisin Salad</p>	<p><b>Tomato Florentine Soup</b> Vegetable Lasagna <b>Stuffed Bell Peppers</b> Italian Vegetable Blend Garlic Bread Broccoli Cranberry Almond Salad</p>	<p><b>Mock Chicken Noodle Soup</b> Zucchini Patties w/ Papaya Salsa <b>Hawaiian Style Curry</b> Steamed Green Peas &amp; Carrots Scalloped Potatoes Ocean Salad w/ Soba Noodles</p>	<p><b>Cream of Cauliflower Soup</b> Eggplant Parmesan <b>Spaghetti w/ Marinara Sauce</b> Garlic Bread Steamed Broccoli Caesar Salad</p>	<p><b>Carrot Ginger Soup</b> Mock Chicken Pot Pie <b>Korean BBQ Tofu</b> Golden Fried Potatoes Mushroom and Onions Saute Steamed French Style Green Beans Pineapple Coleslaw</p>	<p><b>French Onion Soup</b> Mock Tuna Noodle Casserole <b>Falafel</b> <small>(w/ hummus, romaine, tomatoes, roasted eggplant, bell peppers, and tzatziki sauce)</small> Lebanese Spiced Potatoes Steamed Asparagus Tabbouleh Salad</p>	<p><b>Cream of Asparagus Soup</b> Chicken Katsu <b>Spicy Asian Squash Stew</b> Garlic Bread Peas &amp; Carrots Herb Roasted Red Potato Salad</p>
Sunday, 10/06	Monday, 10/07	Tuesday, 10/08	Wednesday, 10/09	Thursday, 10/10	Friday, 10/11	Saturday, 10/12
<p><b>Tomato Rice Soup</b> Chili 'n Cheese Omelets <b>Fried Saimin Noodles w/ Baked Tofu Strips &amp; Vegetables</b> Steamed Corn with Bell Peppers Garlic Bread Purple Cabbage Salad</p>	<p><b>Kombu Miso Soup</b> Baked Ziti w/ Ricotta Cheese <b>Coconut Vegetable Curry</b> Coconut Basmati Rice Caribbean Vegetable Blend Garlic Bread Marinated Vegetable Salad</p>	<p><b>Roasted Butternut Squash Soup</b> <b>Taco Salad / Haystack Bar</b> With Black Beans &amp; Refried Beans <small>(Lettuce, Tomatoes, Onions, Olives, Sour Cream, Shredded Cheese, Guacamole)</small> Mango Salsa &amp; Traditional Mexican Salsa Mexican Corn Salad</p>	<p><b>Corn Chowder</b> Spaghetti Squash w/ Tomato, Spinach &amp; Feta <b>Vegetable Chop Suey w/ Mock Duck</b> Spring Rolls Julie's Spicy Edamame French Style Green Beans Greek Salad</p>	<p><b>Chunky 8 Vegetable Soup</b> Cottage Cheese Patties w/ Gravy <b>BBQ Mock Chicken Drumsticks</b> Red Smashed Potatoes Garlic Roasted Asparagus Steamed Corn Green Bean &amp; Walnut Salad</p>	<p><b>Broccoli Cheese Soup</b> Cheese Ravioli <b>Red Thai Curry</b> Jasmine Rice Garlic Bread Garlic Roasted Green Beans Fresh Zucchini &amp; Yellow Squash Bistro Cobb Salad</p>	<p><b>Cream of Mushroom Soup</b> Mock Chicken Fried Rice w/ Egg &amp; Vegetables <b>Crispy Baked Tofu w/ Bok Choy &amp; Tomatoes</b> Steamed Green Beans Chinese Buckwheat Salad</p>
Sunday, 10/13	Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18	Saturday, 10/19
<p><b>Baked Potato Soup</b> Hot Dogs <b>Black Bean &amp; Rice Burritos</b> Peas and Carrots Quinoa Salad w/ Spinach, Beets &amp; Carrots</p>	<p><b>Egg Drop Soup</b> Enchilada Casserole <b>Vegan Enchilada Casserole</b> <b>Sundried Tomato and Walnut GF Red Lentil Pasta</b> Italian Vegetable Blend Garlic Bread Spicy Broccoli &amp; Jicama Salad</p>	<p><b>Red Thai Soup</b> Ketchup Mock Meatloaf <b>Ancient Grains &amp; Kale With NY Baked Tofu</b> Garlicky Homefries Maple Glazed Butternut Squash French Style Green Beans Curried Rice &amp; Vegetable Salad</p>	<p><b>Mock Turkey &amp; Wild Rice Soup</b> Baked Potato Bar <small>(with Chili, Broccoli, Cheese, Sour Cream, Whipped Butter, Chives, &amp; Baco Bits)</small> <b>Vegetable &amp; Navy Bean Stew</b> Garlic &amp; Herb Roasted Brussel Sprouts Corn on the Cob Crunchy Thai Kale Salad</p>	<p><b>Hungarian Mushroom Soup</b> Madras Egg &amp; Potato Curry <b>Spicy Tofu &amp; Eggplant In a Black Bean Sauce</b> Brown Basmati Rice Steamed Peas &amp; Carrots Garlic Roasted Green Beans Cucumber Tomato Yogurt Salad</p>	<p><b>Vegetable Barley Soup</b> Sloppy Joes <b>Mock Chicken Long Rice</b> Steamed Broccoli Garlic Bread Rainbow Jello Salad</p>	<p><b>Greek Lemon Rice Soup</b> Cheese Quesadilla's w/ Pico de Gallo &amp; Avocados <b>Pesto Pasta Primavera</b> Fried Mushrooms Steamed Peas Southern Style Broccoli Salad</p>
Sunday, 10/20	Monday, 10/21	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	Saturday, 10/26
<p><b>Lentil Soup</b> Baked Pasta w/ Spicy Mock Sausage <b>Korean Chop Chae Noodles</b> Caribbean Vegetable Blend Garlic Bread Italian Artichoke &amp; Asparagus Salad</p>	<p><b>Kabocha Pumpkin Soup</b> Beyond Loco Moco <b>Cabbage Rolls w/ Brown Rice &amp; Mushrooms</b> Homefries Italian Vegetable Blend Shaved Brussel Sprout Salad</p>	<p><b>Cream of Vegetable Soup</b> Mock Crab Cakes w/ Tartar Sauce <b>Vegan Coconut Kale w/ Toasted Macadamia Nuts</b> Okinawan Sweet Potato Mash Maple Roasted Vegetables <small>(Beets, Sweet Potatoes, Kabocha Pumpkin, Carrots, &amp; Onions)</small> Steamed Asparagus Lomi Lomi Vegan Shrimp Salad</p>	<p><b>Black Bean &amp; Corn Soup</b> Mock Beef &amp; Mushroom Stroganoff <b>BBQ Mock Pulled Pork Sliders</b> Red Smashed Potatoes &amp; Gravy Herb Fried Triple Squash Mixed Vegetables German Potato Salad</p>	<p><b>Coconut Sage Soup</b> Pad Thai Noodles <b>Yellow Thai Curry</b> Jasmine Rice Steamed Baby Carrots Julie's Spicy Edamame Potstickers Green Papaya Salad</p>	<p><b>Mock Tuna, Kale, &amp; Bean Soup</b> Quiche Florentine <b>3 Bean Chili</b> Herb Roasted Red Potatoes Steamed Broccoli Normandy Wheat Free Pasta Salad</p>	<p><b>Triple Cabbage Soup</b> Fettucine Alfredo <b>Lentil &amp; Vegetable Stew</b> Spicy Taters Steamed Cut Green Beans Waldorf Salad</p>
Sunday, 10/27	Monday, 10/28	Tuesday, 10/29	Wednesday, 10/30	Thursday, 10/31	Friday, 11/01	<p style="font-size: 1.2em; color: #4a7ebb;">Living God's Love By Inspiring Health, Wholeness, &amp; Hope</p>
<p><b>Italian Vegetable Soup</b> Grilled Cheese &amp; Tomatoes On Sourdough <b>Vegan Meatballs in a Mushroom Sauce</b> Garlic Roasted Yams Steamed Mixed Vegetables Amy's Indonesian Salad</p>	<p><b>Macadamia Nut Soup</b> Pancit <b>Tofu Adobo</b> Pinakbet Julie's Spicy Edamame French Style Green Beans Spinach Mandarin Salad</p>	<p><b>Split Pea Soup</b> Honey Walnut Skallops <b>Teriyaki Tofu &amp; Vegetable Stir-Fry</b> Egg Foo Yung Jasmine Rice Steamed Snow Peas Vegetable Spring Rolls Okinawan Sweet Potato Salad</p>	<p><b>Potato Leek Soup</b> Mexican Pizza <b>Vegan Mexican Pizza</b> <b>Pepper Steak Hoagies</b> Scalloped Potatoes Italian Style Vegetables Garlic Bread Beet &amp; Asparagus Salad w/ Feta</p>	<p><b>Witches Cream of Tomato Soup</b> Mummified Pepper Jack Sausages <b>Spooky Portabella Mushrooms</b> Terrifying Smashed Red Taters Zombied Baked Beans Paralyzing Beets &amp; Carrots, Roasted BOO-Broccoli, Steamed Shocking Coleslaw</p>	<p><b>Minestrone Soup</b> Pasta Bar <small>(Bowtie, Linguini, Marinara Sauce, Alfredo Sauce, Pesto, &amp; Vegan Meatballs)</small> <b>BBQ Pumpkin Meatballs</b> Roasted Whole Mushrooms Steamed Broccoli Garlic Bread Caesar Salad</p>	

The Bistro is open Monday to Friday for Breakfast from 6:30am to 10:30am and for Lunch & Dinner from 11:00am to 6:30pm. Saturdays and Sundays from 11:00am to 6:30pm. The menu is subject to change.