

## Daily Meal Specials

(Monday October 26th – October 30<sup>th</sup>)

**\$15.00 all inclusive (tax and delivery, Greater Eastside)**  
Lunches delivered/PU between 10:30a.m. – 12:00p.m.  
*48-hour notice required*  
Meals are served individually packaged per person and labeled.

### Monday October 26<sup>th</sup>

**Baked Chicken Capri**, moist chicken breast, pan-seared then baked, served in our Dijon beurre blanc sauce with artichoke hearts, button mushrooms, sun-dried tomatoes, and capers GF  
**Vegetarian/GF, Portobello Mushroom Caps**, marinated then grilled in balsamic vinegar and filled with sautéed vegetables, baby spinach, and Parmesan cheese V GF  
**Pan Seared Carrots**  
**Orzo Pasta**  
**NW Seasonal Greens**, candied pecans, tomatoes, red onions, and cucumbers, served with Chef Mark's famous balsamic vinaigrette and blue cheese dressings  
**Chocolate Dipped Strawberries** V GF

### Tuesday October 27<sup>th</sup>

**Italian Pinwheels** - Italian Roasted peppers spread, salami, pepperoni, and provolone sprinkled with romaine lettuce and rolled into a large flour tortilla  
**Vegetarian Pinwheels** - Grilled Vegetables Grilled marinated vegetables and red pepper hummus, rolled into a large flour tortilla V  
**Fresh Fruit Cup** V GF  
**Orzo Pasta**  
**GF Monster Cookie Bar**, peanut butter, oats, chocolate chips and M&M's V GF

### Wednesday October 28<sup>th</sup>

**Cambodian Pineapple Rice**, chicken, shrimp, pineapple, cashews served over white rice GF  
**Vegetarian/GF** - tofu, pineapple, cashews served over white rice V GF  
**Green Salad** with carrots, cherry red tomatoes, cucumbers served with a light vinaigrette V GF  
**GF Fudge Brownies**

### Thursday October 29<sup>th</sup>

**Chipotle Steak Burrito Bowl**, sliced steak, lettuce, onions, black beans and yellow corn served over cilantro lime rice accompanied by cilantro lime vinaigrette GF  
**Chipotle Vegetable Burrito Bowl**, fresh sautéed vegetables, lettuce, onions, black beans and yellow corn served over cilantro lime rice accompanied by cilantro lime vinaigrette V GF  
**GF Brownies**

## Friday October 30<sup>th</sup> (Pre-Halloween Special)

**Mummy Meatloaf**, Served with garlic bread

**Vegetarian/GF - Mushroom Risotto Stuffed Jack 'O Lantern Peppers** V GF

**Soylent Greens** Baby spinach leaves, candied pecans, red onions, tomatoes, Satsuma oranges, and feta cheese.

Served with our citrus vinaigrette and Dijon dressing V GF

**Ghost Ghouls** Garlic mashed potatoes

*All prices subject to change*

*Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase the risk of food borne illness. We offer products with peanuts, tree nuts, soy, milk, eggs, and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg, or wheat allergies.*