



Monday, January 19

Lentil and Spanish Chorizo (GF/DF) ♦

Red Pepper and Tomato (GF/DF/OF/VE) ♦↓

Tuesday, January 20

Beef and Vegetable (GF/DF)

Asparagus and Edamame (GF/DF/OF/VE) ♦↓

Wednesday, January 21

Broccoli and Cheddar (D)

Black-Eye Pea (GF/DF/OF/VE) ♦↓

Thursday, January 22

Chicken Orzo (D)

Creamy Chickpea (GF/DF/OF/VE)

Friday, January 23

Shrimp and Corn Chowder (D)

Three Bean (GF/DF/OF/VE) ↓

Saturday, January 24

Tomato Florentine with Pasta (D) ♦↓

Creamy Carrot and Coriander (GF/DF/OF/VE)
