

ISH MENU WEEK OF FEBRUARY 10 - 14

Monday	Tuesday	Wednesday	Thursday	Friday
Loaded Baked potatoes (sour cream, chives, and cheddar cheese on the side)	Jerk Tofu and Chickpeas	Moroccan Couscous & vegetables	Cheese, Pepperoni, or Vegetable Pizza	Cajun baked tilapia
Veggie Lasagna	Curry Vegetable Medley	Adobo chicken thighs	Green Beans	Ravioli Florentine
Yellow Squash	Rice and Beans	Carrots	Dessert	Corn
Tofu and Bell Peppers	Chicken Marbella	Mexican Rice		Rice Pilaf
Collard Greens	Rolls and Dessert	Spinach		Zucchini
Rolls and Dessert		Rolls and Dessert		Rolls and Dessert