

# Kirby Café August, September, & October 2019

Salads and soups are vegetarian unless noted otherwise. Menu items are subject to change

18 New Fam Brunch	19 <i>Welcome Back!</i> Tandoori Style Chicken Chana Masala (chickpea stew) Saag (creamed spinach) Naan (flat bread) Coconut Curry	20 Jambalaya Vegetarian Red Bean Stew Grilled Corn Collard Greens Roasted Bell Pepper & Onion	21 BBQ Beef Sandwiches BBQ Vegetable Sandwiches Roasted Potatoes Seared Vegetables Broccoli Soup	22 Kahlua Pork Pineapple Teriyaki Tofu Coconut Rice Stir Fry Ginger vegetables Sesame Vegetable Soup	23 B2S picnic Baked Potato Bar Vegan Chili Fire Roasted Broccoli Grilled Mushrooms Cheddar Bisque	24
25	26 Retreats	27	28	29	30	31
1 Sept	2  NO SCHOOL Labor Day	3 Ginger Steamed Fish Teriyaki Tempeh Sesame Rice Noodles Stir Fry Vegetables Hot & Sour Soup	4 Grassfed Beef Burgers Impossible Burgers Toasted Potatoes Grilled Vegetables Vegetable Herb Soup	5 Tinga de Pollo (shredded chicken) Chile and Lime Tempeh Fajitas Refried Beans Spanish Rice Pozole	6 Italian Sausage Lasagna Grilled Vegetable Lasagna Fennel Sauté Garlic Greens Minestrone Soup	7
8	9 California Admission Day Lime Fish Tacos Cilantro Avocado Fajitas Black Beans Smoked Chili Rice Artichoke Bisque	10 Bacon & Egg Frittata Tofu Scramble Custard Bread Pudding Roasted Fruits Apple Soup	11 Sesame Chicken Garlic Tofu Ginger Rice Noodles Black Pepper Green Beans Five Spice Soup	12 Rosemary Beef Grilled Portabella Mushrooms Herbed Potatoes Peas & Carrots Green Bean Vegetable Soup	13 Paella Tomato Olive White Beans French Bread Tarragon Toasted Veggies Garlic Fennel Potato Soup	14
15	16 Pretzel Dogs! Polish Sausage Vegan Sausage Black Bean Chili Grilled Onions & Mushrooms Tomato Soup	17 Thai Style Prawn Coconut Rice Tofu Curry Spiced Potatoes Stir Fry Vegetables Ginger Lime Soup	18 Penne Marinara Sautéed Mushrooms Grilled Peppers and Onions Steamed Broccoli Kale Soup	19 Nacho Bar Corn Tortilla Chips Ground Beef Refried Beans Fajita Veggies Cheddar Soup	20 Baked Cubano Sandwich Grilled Cheese Bake Sautéed Swiss Chard Seared Bell Peppers & Onions Tomato Soup	21
22	23 Equinox Madagascar Menu Romanzava (Beef Stew) Tofu, Zucchini, Tomato Bake Fried Rice Ravitoto (greens in coconut milk) Lasopy (pureed Veg soup)	24 <i>Oktober Fest</i> Bavarian Bratwurst Soft Pretzels & Mustard Braised Red Cabbage & Apple Black Forest Mushroom Spaetzle Potato Onion Soup	25 Tandoori Style Chicken Kitcheree Saag Naan Carrot Curry	26 Native American Day Eve Buffalo Stew Three Sisters Stew Cranberry Wild Rice Pilaf Sunflower Spinach Pumpkin Bisque	27  Grandparent's Day	28
29	30  NO SCHOOL Rosh Hashanah 5780	1 October Apple Roasted Chicken Savory Pumpkin Bake Garlic Greens Fennel & Carrots Mushroom Soup	2 Italian Sausage Penne Alfredo Summer Squash Fennel Sauté Steamed Greens Tomato Fennel Soup	3 Cassoulet Tuscan White Beans French Bread & Duck Butter Garlic Brussels Sprouts Potato Thyme Bisque	4 Turkey Chili Vegetarian Chili Macaroni & Cheese Steamed Broccoli Cream of Celery	5
6	7 Jamaican Style Fish Jerk Spiced Roasted Tofu Pineapple Curry Rice Caribbean Black Bean Stew Spiced Yam Soup	8 Balsamic Braised Beef Balsamic Mushroom Stew Herbed Quinoa Carrots and Peas Roasted Pepper Bisque	9 Yom Kippur Honey Chicken Baked Sweet Potatoes Green Beans Roasted Tomatoes and Peppers Apple Soup	10 Shepherds Pie (Lamb) Vegetarian Shepherds Pie Steamed Broccoli Grilled Brussels Sprouts Bloody Mary Soup	11 Carnitas Lime Grilled Tofu Fajitas Refried Beans Spanish Rice Pozole	12