# Eureka Natural Foods Eureka Menu

## MONDAY

\*Lamb Pastitsio

\*Vegetarian Pastitsio made wit Beyond Beef

\* OrganicGreek Lemon Roasted Potatoes

\*Organic Arakas Latheros \* Greek Peas

\*Warm Orzo with Feta

\* Organic Baked Sweet Potato and Chickpea with a garlic herb sauce

#### TUESIDAY

\*Sriracha Ginger Lime Beef featuring Local Eel River Beef

\*Vegan Beyond Beef Firecracker Meatballs

\* Coconut Basmati Rice

\* Organic Szechuan Green Beans

\* Organic Sesame Chili Potatoes

\*Hong Dou Tang \* Sweet Red Beans

## WEDNESDAY

\* Chicken Mole featuring Mary's Non GMO Chicken

\*Vegan Jackfruit Mole

\* Organic Ranchero Beans

\* Organic Calabacita

\*Vegan Tamales

\*Spanish Rice

### THURSDAY

\*Oven Roasted Chicken Caprese featuring Mary's Non GMO Chicken

\* "Cheesy" Baked Quinoa Cakes Made with Organic Local Quinoa From Wild Rose Farm

\* Creamy Gnocchi Bake with Roasted Broccoli and Spinach

\*Organic Rosemary Roasted Gold Potatoes

\*Organic Garlic Roasted Zucchini and Squash

#### FRIIDAY

\* Cider Braised Chicken featuring Mary's Non\* GMO chicken

\*Vegan Spring Veggie Quiche

\* Organic Roasted Asparagus with Local Garlic Chives From Woven Hearts
Herb Farm

\* Organic Wild Rice with Peas and Carrots

Garlic Roasted Gold Potatoes with Caramelized Spring Shallots

# SATURDAY & SUNDAY

\* Chefs Special Choice