

Eureka Natural Foods *McKinleyville Menu*

MONDAY

- * GROUND BEEF LASAGNA
- * VEGETARIAN LASAGNA, WITH ORGANIC SPINACH AND MUSHROOM
- * CREAMY HOUSE-MADE ALFREDO OR MARINARA SAUCE
- * MARY'S ALL NATURAL CHICKEN PARMESAN OR EGGPLANT "PARM" (V)
- * CHEESE TORTELLINI AND FETTUCCHINE NOODLES

TUESDAY

- * BEEF BURGUNDY TOPPED WITH ORGANIC CREMINI MUSHROOMS IN BROWN BUTTER
- * MARY'S ALL NATURAL CHICKEN MARSALA
- * CREAMY ORGANIC MASHED POTATO'S
- * SAVORY WILD RICE PILAF
- * ORGANIC PORTABELLA MUSHROOMS, STUFFED WITH WILD RICE, SWEET CHERRY TOMATOES AND DRIZZLED WITH AN AGED BALSAMIC REDUCTION

WEDNESDAY

- * MARY'S ALL NATURAL CHICKEN SMOTHERED IN OUR HOUSE-MADE ORANGE SAUCE
- * BEELER'S, JUICY ALL NATURAL PORK LOIN, RUBBED WITH A CHINESE "FIVE SPICE"
- * SAVORY ORGANIC VEGETABLE CHOW MEIN
- * ORGANIC WHITE RICE
- * ORGANIC STEAMED BROCCOLI
- * LOCAL TOFU SHOP TOFU SMOTHERED IN OUR HOUSE-MADE ORANGE SAUCE

THURSDAY

- * MARY'S ALL NATURAL CHICKEN "BLACKENED" WITH MILD SEASONING
- * LOCAL TOFU SHOP SMOKED TOFU "BLACKENED" WITH A MILD SEASONING
- * ORGANIC COCONUT RICE, WITH MILDLY SEASONED "DIRTY" RED BEANS
- * ORGANIC ROASTED VEGETABLES

FRIDAY

- * BEELER'S ALL NATURAL PORK "CHICHARONES" (CRISPY BAKED PORK BELLY)
- * LINE-CAUGHT PANKO BREADED COD
- * ORGANIC CILANTRO, LIME RICE
- * SAVORY ORGANIC BEANS
- * FULL TACO BAR! WITH HOUSE-MADE PICO DE GALLO AND ORGANIC FRESH GUACAMOLE
- * MARY'S ALL NATURAL CHICKEN ENCHILADAS WITH A MILD GREEN SAUCE

SATURDAY & SUNDAY

- * CHEFS SPECIAL CHOICE