

	SIRI GIAN K COURSE - MAY 23RD - 28TH	
DAY	MENU	Notes
WED MAY 23RD		
Lunch:	Potent potatoes, Baked Tofu, Purple kale mango salad w/ Lemon vinaigrette.	I will bring at lunch time for lunch and dinner & crock pot for kitcheree. Will also prepare lunch for Thurs and bring. We can refridgerate and heat in crock pot.
Dinner:	Kitcheree, Chutney, Yogourt, Green Salad with Green Goddess dressing.	
THUR MAY 24TH		
Lunch:	Veggie soup with chickpeas, Garlic Bread, Green salad w/Green Goddess dressing.	
Dinner:	Spinach Lasagna, Green Salad w/ italian dressing.	Will bring dinner.
FRI MAY 25TH		
	BAGGED LUNCH	
Lunch:	Black bean & veggie burrito with guacamole, Jicama Salad w/ Lime vinaigrette, Cookie.	Will bring lunch.
Dinner:	Thai coconut soup, Rice noodles with tofu & peas, Asian Salad w/Ginger-Carrot dressing.	Will bring dinner.
SAT MAY 26TH		
Lunch:	Red lentil dahl, Gobi Parantha, Yogourt, chutney, Salad with dressing.	Will bring lunch & dinner & crock pot.
Dinner:	Vegetarian chile, Corn muffin, Avocado wedges, Romaine Salad w/ honey mustard dressing. Sour cream & Cheese on side.	
SUN MAY 27TH		
Lunch:	LANGAR	
Dinner:	Enchiladas: Black bean and corn. Green salad w/ lemon -tahini dressing.	Will bring dinner.
MON MAY 28TH		
Lunch:	EATING OUT	
Dinner:	Tostado Bar: Hard shell & soft corn tortilla, Guacamole, pinto beans, green chili, salsa, lettuce, onion, Cheese, Sourcream. Green salad w/Balsamic dressing.	Will bring dinner.