



MAY MENUS

May 3 – Thai Red Curry with Turkey Meatballs or Tofu

Tender turkey meatballs or cubes of tofu in a red coconut curry sauce.

SIDES: Basmati rice and steamed veggies.

All made without gluten ingredients.

May 10 – Jerk Chicken or Tempeh

Our version of an Island classic—flavorful but not too spicy!

SIDES: Rice & peas (kidney beans to us) and a simple slaw are traditional accompaniments.

All made without gluten ingredients.

May 17 – Summer Vegetable Stew (with or without Ham)

A medley of fresh summer veggies in a creamy broth with or without smoky ham.

SIDES: Our famous vegan biscuits and a simple green salad.

Made without gluten ingredients except for Vegan Biscuits which do contain gluten.

May 24 – Mediterranean Stuffed Bell Peppers (Beef or Quinoa)

Your choice of beef, rice, and chickpeas or quinoa, lentils, and spinach (vegan) .

SIDES: Garlic bread and a fresh tomato cucumber salad

Made without gluten ingredients except for Garlic Bread which does contain gluten.

May 31 – BBQ Chicken or Seitan BBQ

BBQ chicken drumsticks or our housemade seitan BBQ.

SIDES: Marinated black-eyed peas and lively carrots & beets.

Made without gluten ingredients except for Seitan BBQ which does contain gluten.

Menu subject to change without notice. No substitutions

\$5 Dinners are a Co+op Basics item and no further discounts may be taken. Price is already as low as we can go.