



# JULY MENUS

## July 5 – Oven-Fried Chicken or Southern Fried Tofu

One of our most popular dishes!

**SIDES:** Baked beans, steamed greens

*All made without gluten ingredients.*

## July 12 – Thai Red Curry with Turkey Meatballs or Tofu

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

**SIDES:** Cilantro lime rice and sesame-ginger roasted broccoli.

*All made without gluten ingredients.*

## July 19 – 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.*

## July 26 – New! Beef or Lentil Picadillo

Cuban Comfort food

**SIDES:** Coconut mashed sweet potatoes and Cuban-style green bean salad.

### EVERY THURSDAY 5-8pm

- 1. Buy a \$5 Dinner TOKEN**

Might also grab a drink and dessert while you're at it.

- 2. Bring your token to the DELI HOT BAR**

- 3. Dinner is served!**

You get one entrée portion and as much of our \$5 Dinner sides that will fit on your plate or in your takeout box.



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.