



Monday

September 28, 2020

Soups	Chicken Noodle
	Tomato Basil (Dairy) VEGETARIAN
Entrées	Chicken Fried Steak (Beef) & Country Gravy
	Fried Chicken
Sides	Cheese Lasagna VEGETARIAN
	Honey Yam Mash, Jalapeno Cheddar Cornbread, Mustard Greens, Green Chili Cream Corn VEGETARIAN

Tuesday

September 29, 2020

Soups	Chorizo, Black Bean & Mushroom
	Garden Vegetable Stew VEGETARIAN
Entrées	Moroccan Chicken Tagine
	Beef Suya – Spicy Nigerian Satay (Peanuts) SPICY
Sides	Rustic North African Chickpea Stew VEGETARIAN
	Roasted Yams & Potatoes, Jewel Blend Grains, Roasted Veggies, Rustic Herb Bread VEGETARIAN

Wednesday

September 30, 2020

Soups	Roasted Chicken & Herbs
	Broccoli & Cheddar VEGETARIAN
Entrées	Steak Au Pouvoir – Black Pepper Crust & Blue Cheese
	Mediterranean Basa
Sides	Mushroom Risotto VEGETARIAN
	Toasted Orzo & Spinach, Roasted Fennel Medley, Steamed Green Beans, Goat Cheese Mashed Potatoes VEGETARIAN

Thursday

October 1, 2020

Soups	Menudo
	Minestrone VEGETARIAN
Entrées	Chicken Enchilada Casserole
	Southwestern Style Beef Roast
Sides	Dal Makhani VEGETARIAN
	Grano & Dried Fruit, Basmati Rice, Roasted & Steamed Veggies VEGETARIAN

Friday

October 2, 2020

Soups	Gumbo
	Butternut Squash VEGETARIAN
Entrées	Jerk Chicken
	Creole Red Beans & Sausage
Sides	Falafel – Lettuce, Tomato, Onion, Tahini Sauce VEGETARIAN
	Steamed Basmati Rice, Fried Plantains, Roasted & Steamed Veggie Medley VEGETARIAN

VEGETARIAN Does not contain meat, fish or fowl; may contain dairy & eggs.

SPICY Seasoned with or containing spice.

All Entrees are priced separately; any "meal deal" consists of an entrée and 2 sides for \$6.50. Thank you for dining at the El Gato Café!