

# QUARANTINE MEALS

## WEEK 1

### FRIDAY, 1/22

#### Lunch

BBQ Chicken Salad  
BBQ Seitan  
Broccoli Rabe, Sweet Pea Penne

#### Dinner

Roast Sofrito Pork Bowl  
Sweet Potato Buddha Bowl  
Orecchiette Pasta Bake

### SATURDAY, 1/23

#### Lunch

Crispy Tofu Chow  
Grilled Chicken Skewers  
Spanish Rice  
Carrots & Zucchini with Dill

#### Dinner

Plantiful Bowl with Spinach and Grains  
Popcorn Chicken Bowl  
Sweet and Sour Tempeh

### SUNDAY, 1/24

#### Lunch

Chicken Caesar Salad  
Caesar Tofu Salad  
Macaroni and Cheese

#### Dinner

Garlic Herb Pork Loin  
Herb Tofu in White Wine Sauce  
Farro Mushroom Risotto  
Roasted Cauliflower Steak  
Macaroni and Cheese  
Dinner Roll

### MONDAY, 1/25

#### Lunch

Grilled Gerber Farms Chicken Breast  
Roasted Moroccan Chickpeas  
Quinoa, Black Bean and Corn Pilaf  
Sugar Snap Peas  
Fettuccini Alfredo with Broccoli

#### Dinner

Italian Herb Roasted Chicken Quarter  
Seitan Vegan Pepper "Steak"  
Tri-Color Quinoa Blend  
Roasted Broccoli  
Fettuccini Alfredo with Broccoli

### TUESDAY, 1/26

#### Lunch

Carne Asada Soft Taco  
Cumin Roasted Tofu  
Black Beans and Rice  
Pico de Gallo  
Penne with Marinara

#### Dinner

Spaghetti and Meatballs  
Vegan Pasta and Meatballs in Marinara  
Steamed Green Beans  
Dinner Roll

### WEDNESDAY, 1/27

#### Lunch

Traditional Gyro  
Falafel Gyro Sandwich  
Greek Farro Salad  
Tomato Basil Green Beans  
Baked Ziti

#### Dinner

Beef Barbacoa  
Tofu Lo Mein  
Zucchini with Cherry Tomatoes  
White Rice  
Baked Ziti  
Dinner Roll

### THURSDAY, 1/28

#### Lunch

Orange Chicken Stir Fry  
Tofu Stir Fry  
White Rice  
Cavatappi Pasta Roasted Vegetable Marinara

#### Dinner

Squash Risotto with Chicken Sword  
Coconut Curry Tempeh  
Garden Rice  
Garden Vegetable Rotini Alfredo

**ON-THE-GO SALADS, BEVERAGES, AND  
SNACKS WILL BE AVAILABLE AT EVERY MEAL.  
CONTINENTAL BREAKFAST WILL BE  
AVAILABLE FOR PICK UP AT DINNER.**

**FOLLOW OUR INSTAGRAM FOR MORE INFO!**

 **@COLGATEDINING**

# QUARANTINE MEALS

## WEEK 2

### FRIDAY, 1/29

#### Lunch

Turkey Swiss Hoagie  
Roasted Vegetable Wrap  
Vegetable Couscous  
Basil Pesto Vegetable Pasta

#### Dinner

Thyme and Garlic Roasted Turkey  
Sun-Dried Tomato Grilled Tofu  
Garlic Mashed Potatoes  
Broccoli and Cauliflower  
Penne Marinara

### SATURDAY, 1/30

#### Lunch

Ziti Alla Turkey Bolognese, Ziti Primavera  
Zucchini

#### Dinner

Chicken Tikka Masala, Tandoori Tofu  
Jasmine Rice  
Curried Roasted Vegetables  
Ziti Primavera

### SUNDAY, 1/31

#### Lunch

Chimichurri Chicken  
Roasted Tofu Banh Mi "Bowl"  
Wild Rice  
Vegetable Mèlange  
Garden Vegetable Rotini Alfredo

#### Dinner

Teriyaki Chicken, Teriyaki Seitan  
Brown Rice and Edamame  
Sautéed Cabbage  
Fettucine with Roasted Garlic Alfredo

### MONDAY, 2/1

#### Lunch

Pulled Pork Sandwich, Pulled Seitan Sandwich  
Brown Sugar Baked Beans  
Country Green Beans  
Penne with Blush Sauce

#### Dinner

Chicken Parmesan, Tofu Parmesan  
Balsamic Roasted Root Vegetables  
Penne with Marinara

### TUESDAY, 2/2

#### Lunch

Citrus Salmon Arugula Salad  
Citrus Chickpea Arugula Salad  
Rigatoni with Blistered Tomatoes and Zucchini

#### Dinner

Beef Lasagna, Vegetable Lasagna  
Roasted Butternut Squash  
Rigatoni with Blistered Tomatoes and Zucchini

### WEDNESDAY, 2/3

#### Lunch

Chicago Steak Hoagie, Portobello "Steak" Hoagie  
Steak Fries  
Vegetable Medley  
Baked Greek Pasta

#### Dinner

Beef and Broccoli Stir Fry, Tempeh & Broccoli  
Ginger Basmati Rice  
Baked Greek Pasta

### THURSDAY, 2/4

#### Lunch

Chicken Tenders, Vegan Nuggets  
French Fries  
Hamburger  
Roasted Cauliflower  
Macaroni and Cheese

#### Dinner

Maple Roasted Pork Loin, Maple Roasted Tofu  
Brussel Sprouts  
Grain Blend  
Macaroni and Cheese

**ON-THE-GO SALADS, BEVERAGES, AND  
SNACKS WILL BE AVAILABLE AT EVERY  
MEAL. CONTINENTAL BREAKFAST WILL  
BE AVAILABLE FOR PICK UP AT DINNER.**

**FOLLOW OUR INSTAGRAM FOR MORE INFO!**

 **@COLGATEDINING**