



Healthy Vegan Cuisine...From Around the World



WEEK 1

TUESDAY

Italy



Entrees:

Spinach Lasagna, *Stuffed Cabbage, *Navy Beans with Sundried Tomatoes, Veggie Chicken Scampi

Sides: Garlic Lemon Broccoli, Italian Rice, Verdure Miste, (Vegetarian Cream Sauce), Macaroni n' Cheese, Seasonal Greens, Sautéed Cabbage, Vegetable Medley

WEDNESDAY

Asia



Entrees:

Veggie Orange Chicken, Veggie Peppered Steak, *Steamed Mixed Fresh Vegetables in Creamy Thai Green Curry over Sesame Quinoa, Mung Bean Stew

Sides: Schekuan String Beans, Broccoli w/Garlic Sauce, Forbidden Rice, Macaroni n' Cheese, Seasonal Greens, Sautéed Cabbage, Vegetable Medley

THURSDAY

Latin America



Entrees:

Came Cuisada (Latin Veggie Beef Stew), Pollo a La Crema, Cuban Black Bean, Stuffed Zucchini

Sides: Spanish Rice, Steamed Yucca, Fried Yucca, Puposas, Seasoned Potatoes, Macaroni con Queso, Seasonal Greens, Sautéed Cabbage, Vegetable Medley

FRIDAY

Africa



Entrees:

Ground Nut Stew, Cari Foto, *Paw Paw (Papaya Stew), *West African Style Black Eyed Peas

Sides: Jollof Rice, Fried Plantain, Liberian Sweet Potato Pone, Egusi Greens, Macaroni n' Cheese, Monrovia Curried Cabbage

SATURDAY

Soul Food



Entrees:

*Hoppin John (Black-Eyed Pea Stew), *Memphis Style BBQ Tofu, Butter Beans, *Okra-Corn Tomato Vegetable Stew, Southern Veggie Fried Chicken

Sides: Vegetable Rice Pilaf, String Beans and Potatoes, Creamed Corn, Macaroni n' Cheese, Collard Greens, Sautéed Cabbage

SUNDAY

Sunday Brunch



Sunday Bruch

Pancakes or Waffles, Scrambled Tofu, Veggie Sausage, Sautéed Spinach, Steamed Broccoli or Crits. (\$12.00)

Comfort Foods 1

Mock Salmon Patties, Split Pea Stew, *Navy Bean Stew, Cranberry Pecan Candied Yams, Vegetable Rice

WEEK 2

TUESDAY

Orient



Entrees:

Terriyaki Tofu, *Azuki Bean Stew, *Steamed Vegetables in Lemongrass Cream Sauce over Red Quinoa, Kung Pao Veggie Chicken

Sides: Shitaki Rice, Sesame Broccoli, Spring Rolls, Macaroni n' Cheese, Seasonal Greens, Sautéed Spinach, Asian Cabbage

WEDNESDAY

Mediterranean



Entrees:

*Eggplant Parmesan, *Vegetable Quinoa Paella, *Moroccan Chick Pea Stew, Tuscan White Bean

Sides: Zucchini Squash Medley, Olive Rice Pilaf, Seasonal Greens, Sautéed Cabbage

THURSDAY

India



Entrees:

Veggie Chicken Tikki Masala, *Aloo Bhangar (Eggplant & Potato Curry), *Chole (Chick Pea Curry), Dal (Orange Lentil Stew)

Sides: Cardamom Scented Basmati Rice, Creamy Curry Cauliflower, Samosas, Macaroni n' Cheese, Seasonal Greens, Sautéed Spinach, Sautéed Cabbage

FRIDAY

Jamaica



Entrees:

Veggie Jerk Chicken, *Jamaican Stew peas, *Curried Vegetable Medley, Veggie Curry Coast,

Sides: Peas and Rice, Plantain, Sweet Potato Pudding, Vegetable Patties, Collards, Callaloo and Spinach, Coconut Curry Vegetables, Cabbage Medley

SATURDAY

Louisiana



Entrees:

Louisiana Style Veggie Fried Chicken, *Cajun Red Beans and Rice, *Veggie Gumbo

Sides: Dirty Rice, Cajun Style Candied Yams, Cauliflower and Potato Au Gratin, Macaroni n' Cheese, Seasonal Vegetables, Sautéed Cabbage

SUNDAY

Sunday Brunch



Sunday Bruch

Pancakes or Waffles, Scrambled Tofu, Veggie Sausage, Sautéed Spinach, Steamed Broccoli or Crits. (\$12.00)

Comfort Foods 1

Veggie Crab Cakes, *Tailgate Chili, Quiche, Macaroni n' Cheese, Seasonal Vegetables, Sautéed Cabbage

erved Daily: Fresh Garden & Fruit Salad, Dinner Rolls, Bread and freshly made Sandwiches, Dinner Rolls and Cornbread (can be made gluten free) Many items can be made gluten free upon request *Gluten Free, Soy Free

While we are a completely vegan facility we do manufacture products that contain tree nuts and gluten. Please use your discretions when consuming our products

4009 34th St. Mt. Rainier MD 20712 * (301) 27-SWEET * Store Hours: Tue-Fri: 7:30am - 8:30pm; Sat: 11am - 8:30pm; Sun: 9am-8:30pm