

# from the **PFC KITCHEN** FEBRUARY 2017

## DAILY FAVORITES (Full Salad & Soup Bar Everyday 9AM-8PM)

Bacon & Cheese, Vegetarian Breakfast Burritos, Roasted Chicken Pieces, Steamed Kale, Brown Rice, Baked Tofu, Lentils

## MONTHLY ENTREES Mon - Fri 11AM-8PM • Sat & Sun 9AM-2PM

1 Wed	Turkey Meatloaf, Red Wine Marinara, Steamed Green Beans
2 Thurs	Madras Curry, Chana Masala, Samosas, Tofu Saag Paneer
3 Fri	Chicken Roti, Curried Cabbage, Wild Rice Pilaf
4 Sat	Biscuits & Gravy, Hipster Hash, Three Cheese Frittata, Garden Tofu Scramble
5 Sun	Baked Oatmeal with Apples, Breakfast Potatoes, Mushroom & Bleu Cheese Frittata, Mexican Tofu Scramble
6 Mon	Italian Meatballs, Arribiata, Roasted Potatoes with Garlic & Carmalized Onions
7 Tue	Bacon & Smoked Mozzarella Mac & Cheese, Cauliflower Alfredo, Steamed Peas & Carrots
8 Wed	Meatloaf, Pesto Pasta, Roasted Sweet Corn
9 Thurs	Green Thai Curry, Chana Masala, Samosas, Roasted Cauliflower
10 Fri	Shepard's Pie, Balsamic Roasted Green Beans with Mushrooms, Fresh Basil Marinara
11 Sat	Broccoli & Cheese Frittata, Texan Hash Bake, Garden Tofu Scramble, Breakfast Bread Pudding
12 Sun	Biscuits & Gravy, Scrambled Eggs with Cheese, Southwestern Tofu Scramble, Breakfast Potatoes
13 Mon	Vegan or Traditional Jambalaya, Vegan Dirty Rice, Roasted Sweet Corn
14 Tue	Chicken or Tofu Peanut Pad Thai, Roasted Squash Medley, Honey & Cinnamon Sweet Potatoes
15 Wed	Turkey Meatloaf, Roasted Cauliflower, Garden Veggie Marinara
16 Thurs	Chicken Tikki Masala, Chana Masala, Samosas, Tofu Saag Paneer
17 Fri	White Bean Cassoulet, Curried Cabbage, Pesto Pasta
18 Sat	Biscuits & Gravy, Kale Frittata, Hipster Hash, Southwestern Tofu Scramble
19 Sun	Baked French Toast, Sweet Potato Hashbrowns, Spinach & Feta Frittata, Garden Tofu Scramble
20 Mon	Beef or Three Cheese Lasagna, Steamed Peas and Carrots, Herb Garlic Roasted Sweet Potatoes
21 Tue	Beef or Mushroom Stroganoff, Wild Rice Pilaf, Curried Cabbage
22 Wed	Meatloaf, Roasted Balsamic Squash, Pesto Pasta
23 Thurs	Coconut Curry, Chana Masala, Samosas, Roasted Cauliflower
24 Fri	Southwestern Mac & Cheese, Brown Sugar Glazed Carrots, Steamed Green Beans
25 Sat	Baked Oatmeal, Cheddar Bacon Grits, Mexican Tofu Scramble, Three Cheese Frittata
26 Sun	Biscuits & Gravy, Mushroom & Bleu Cheese Frittata, Breakfast Potatoes, Gardem Tofu Scramble
27 Mon	Chicken Roti, Haluski, Squash Medley
28 Tue	Potato Kale Casserole, Roasted Sweet Corn, Red Wine Marinara

## SOUPS

### DATE

1/30 - 2/5 White Bean Tomato, \* Chicken, Chef's Choice x 2

2/6 - 2/12 PFC Vegan Chili,\* Chicken, Chef's Choice x 2

2/13 - 2/19 Split Pea with Carrot, \* Chicken, Chef's Choice x 2

2/20 - 2/26 West African Peanut, \* Chicken, Chef's Choice x 2

\* Chicken with or with out rice options

Menu items are subject to change due to availability



**PEOPLE'S  
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