Co-op Kitchen Hot Bar

Available Monday - Friday • 11 am – 3 pm

MONDAY

Bacon Cheeseburger Tator Tot Hot Dish
Daily Vegetable (VG, GF)

TUESDAY

Popcorn Tofu (V, GF)
Seasoned Potato Wedges (V, GF)
Chicken Pot Pie
Daily Vegetable (V, GF)

WEDNESDAY

Chicken Tikka Masala (GF)
White Rice (V, GF)
Roasted Sweet Potatoes (V, GF)
Beef Sambusa
Lentil Sambusa (V)

THURSDAY

Chicken & Broccoli Stir-fry (GF)
Co+op Fried Rice (V, GF)
Vegetable Egg Roll (VG)

FRIDAY

Co+op Pot Roast (GF)
Mashed Potatoes (GF)
Slow Roasted Carrots (GF)

Weekly Soups:

Grass-fed Beef Chili (GF)
Chicken Wild Rice (GF)

KEY: gf = Gluten Free **v** = Vegan **vg** = Vegetarian